|  |
| --- |
| Manual Handling (pushing & pulling) |
| Description of activity  Pushing & pulling operations involving whole body effort. There are two types of pushing and pulling operations;   Moving loads on wheeled equipment such as hand trolleys, pump trucks or wheelbarrows.  Moving loads without wheels, which involve manual actions such as dragging, sliding, pivoting and rolling. |

|  |
| --- |
| Hazards & consequences |
| Manual handling of equipment/materials can cause musculoskeletal injury – sprains, strains or physical stress to any part of the body, particularly back and arms.  Cuts, abrasions, crush injuries (particularly to toes, feet & fingers) and miscellaneous bruising.  Slip, trip and falls and subsequent contact with hard surfaces, projections, and corners or any sharp edge – can cause various injuries from abrasions & lacerations to broken bones. Poor posture – leading to aches, pains, and potentially long-term back issues. Equipment, tools or materials falling can result in a range of injuries to operatives or others below the works.  Collision with moving plant or vehicles – can lead to a range of injuries including fatality. Overloading of wheeled equipment – can result in crush injuries. Pulling/pushing heavy loads over long distances – can cause fatigue and/or musculoskeletal injuries. |

|  |
| --- |
| Tools & equipment used |
| As required such as;   Sack barrows, trolleys and wheelbarrows. Roll cages.  Pallet trucks. |

|  |
| --- |
| Persons likely to be exposed to the risk |
| Only assessed operatives carry out the tasks. |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Initial risk | Without controls and precautions in place | | | | | | |
| Likelihood | 1 | | 2 | | 3 X | 4 | 5 |
| Severity | 1 | | 2 | | 3 | 4 | 5 X |
|  | |  | | | | | |
| Initial risk rating | | 15 | Medium | |  | | |
|  | | | |  | | | |
| Acceptable | | No |  | | | | |

|  |
| --- |
| Note: There is an inherent risk of injury in any load moving operation, especially if the individual is susceptible or has a history of previous injury e.g. back strain. |

|  |
| --- |
| Control measures |
| Operatives must assess the route that they will be taking prior to movement of the loads. Factors of the floor to be considered; dry, clean, level, firm and in good condition.  Operatives routes must be free from obstacles, including; trailing cables, up or down steep ramps or steps & moving through narrow doorways.  Housekeeping and cleanliness are an item for routine safety inspections. Identification of the type of equipment to be used – small, medium or large size (sack barrows, trolleys, etc).  Products should be labelled with their content weight; if product is not labelled then weigh it. Ensure that all equipment is in good condition before use. Maintenance of equipment should be regularly completed it.  Check equipment’s rated capacity (manufacturer’s recommended maximum weight) prior to use; particularly with a heavy weighted load.  To prevent the risk of strains and musculoskeletal injuries during the movement of equipment and materials correct manual handling techniques should be applied; body is largely upright, torso is not twisted and hands are between hip and shoulder height.  Operatives are to use handles or handhold areas which allow a comfortable grip for pulling or pushing.  If the movement of loads is repetitive (5 or more transfers per minute), the Supervisor should identify a regular break routine or opportunities to recover for operatives carrying out the works.  When a load requires to be moved over a 2m distance the type of equipment used should be considered.  Operatives are instructed not to lift beyond their personal capacity and to seek assistance for heavier, larger, unbalanced, unfamiliar or oddly shaped loads. Team handling to be used as necessary e.g. for larger items. In areas of plant and vehicular movement traffic management is required. A Manager must give advice to operatives on the movement of materials, equipment and associated items.  Operatives are informed of restrictions at induction and are given further information at safety briefings. Operatives are to use appropriate PPE e.g. industrial gloves to prevent cuts & abrasion and safety footwear to prevent foot damage from dropped loads. PPE to be used as per the manufactures guidance when using specific equipment.  PPE such as face masks & hi-vis will be worn as per premises rules and associated tasks being carried out within the premises.  In the case of known susceptibility or history of back problems these operatives are warned to take extra care and given enhanced training as required. An assessment of individuals is made for their capacity to do the manual handling expected of them in their work.  If working at height, further information can be found in the working at height risk assessments. |

|  |
| --- |
| Comments |
| Operatives must be relied upon to use their common sense and experience to avoid doing harm to themselves and others, in these activities. |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Residual risk | | With controls and precautions in place | | | | |
| Likelihood | | 1 | 2 X | 3 | 4 | 5 |
| Severity | | 1 | 2 | 3 | 4 | 5 X |
|  | |  | | | | |
| Residual risk rating | | 10 | Medium |  |  | |
|  | | | | | | |
| Acceptable | | Yes |  | | | |
|  | | | | | | |
| Note: Given the unpredictable nature of manual handling injury and the fact that once an injury has occurred the effects are likely to remain a severity of less than five (5) for this category. Cumulative exposures as well as the one-off occurrence can cause a disabling injury. | | | | | | |
|  | | | | | | |
| Assessor | Anthony Rose | Signed |  | | Date | 4/1/23 |