|  |
| --- |
| **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 |