

Hazardous Manual Tasks Risk Management Worksheet

Refer to *Code of Practice – Hazardous Manual Tasks* for further guidance

Risk Management Worksheet

Date of assessment:

Name of assessor(s):

Position(s):

Step 1: What is the manual task?

Name of task or activity:

Location where tasks occur:

Who performs the task:

General description:

Step 2: Is the manual task hazardous?

(Hazardous manual tasks can result in musculoskeletal disorders (MSDs) such as sprains or strains.)

Work through the following questions to determine which postures, movements and forces of the task pose a risk.

Question 1 – Does the task involve any of the following risk factors?

Repetitive movement

Sustained or awkward postures

Repetitive or sustained forces

Mental stress / tension

(‘Repetitive’ means that a movement or force is performed more than twice a minute and ‘sustained’ means a posture or force is held for more than 30 seconds at a time.)

Question 2 – Does the task occur over a long time? Is the task done:

for more than a total of two hours over a whole shift

continuously for more than 30 minutes at a time

Question 3 – Does the task involve high or sudden force?

Yes No

Question 4 – Does the task involve vibration?

Yes No

Question 5 – Is there a risk?

The task involves a risk of MSDs if you have ticked any boxes or answered ‘yes’ to either:

Question 1 AND Question 2

Question 3

Question 4

If you answered ‘yes’ to Question 4 the task may be a risk and will require further investigation.

Step 3: What is the source of the risk?

(These are the things that are causing the risk and may be changed in order to eliminate or minimise the risk).

Work area design and layout: work space available; design of workstation, furniture and equipment

The nature, size, weight or number of things handled in performing the manual task:

Systems of work (e.g. pace and flow of work; resources available; maintenance):

The environment in which the manual task is performed (e.g. flooring; obstructions; lighting; hot/cold/humid environments):

Step 4: How do I control the risk?

(Consider the hierarchy of control. A range of controls may be required)

Can the task be eliminated?

Can you change what is causing the risk (the source)?
(e.g. change the work area; alter the size of loads; use mechanical aids; manage environmental conditions; use adjustable equipment; implement preventative maintenance program.)

What training is needed to support the control measures? *(Training needs to be task specific, noting that training in lifting techniques is not effective as a sole or primary means to control the risk of MSDs).*

Implement controls

Person(s) responsible for approving controls:

Person(s) responsible for putting controls in place:

By when:

Step 5: Review the controls

Evaluated on:

Assessor:

Consultation undertaken with all workers?

Have the controls implemented reduced the risks?

Have any other risks been created by the controls?

Can further controls be implemented to minimise the risk?