



Tipperary AAI

Manual Handling Assessment



MANUAL HANDLING ASSESSMENT					
Directorate:	Tipperary AAI		Department: Indoor Track and Field		
Task title and location:	Nenagh Indoor Stadium, Nenagh, Co. Tipperary				
Assessed by:	BP		Date assessed: 13/01/2022		
Assessment factor	Degree of risk			Potential hazards or problems arising, and existing controls	Recommendations
	Low	Med	High		
Risk Assessment – does the task involve: <ul style="list-style-type: none"> • Holding or manipulating loads away from the trunk? • Unsatisfactory body movement or posture? Twisting, stooping, stretching? • Excessive lifting, lowering, carrying distances or strenuous pushing or pulling? • Risk of unpredictable movement of loads? • Repetitive handling or frequent or prolonged physical effort? • A work rate imposed by a process or insufficient rest 		X		1 Twisting when picking up the starting blocks. 2 Stooping when lifting or placing the Shot Putt or Weight for distance or High Jump or Pole Vault mats or Hurdles. 3 Sometimes extended reaching when placing the Shott Putt or Weight for distance or High Jump or Pole Vault mats or Hurdles.	Remind operator of need to move feet Adjust height – Review availability of rotating, height adjusting equipment Provide better information and instruction and try to eliminate the element of over-reaching
	X		X		
	X	X			

<p>Loads - are they:</p> <ul style="list-style-type: none"> • Heavy (with mass marked on them), bulky or unwieldy? • Difficult to grasp, unstable or unpredictable with contents likely to shift? • Sharp, hot or otherwise potentially damaging? 	X	X X		<ol style="list-style-type: none"> 1. Load too heavy. Is the weight of the load a problem? 2. Smooth round surfaces are difficult to grasp. 	<p>Review the procedure of lifting. Can 2 people lift or is another method of lifting required.</p> <p>Provide boxes with hand grips</p>
<p>Work environment - are there:</p> <ul style="list-style-type: none"> • Space constraints preventing good posture, uneven, slippery or unstable floor? • Variations in the levels of floors or work surfaces? • Extremes of temperature, humidity, ventilation problems • Poor lighting conditions? • Problems with communication due to excessive noise? 	X X X X	X		<p>6 Bad postures encouraged by obstructions that are not removed.</p>	<p>Before any lifting has taken place, ensure that all the area is clear and there are no obstacles in the way of the lift.</p> <p>If lighting is poor make sure that sufficient lighting is in place before any lift to eliminate any un-foreseen dangers</p> <p>In an area of excessive noise, wait until the noise has died down or use agreed hand signals.</p>