

MANUAL HANDLING INFORMATION CHECKLIST MHRA3

Form MHIC

Task Location: ON SITE		
Task Undertaken: UNLOADING BEDDING PLANTS WHICH ARE PACKED ON TROLLEYS WITH SEVERAL TIERS		
Questions to consider:	Yes / No	Comments
<p>The Task – does it involve:-</p> <p>Holding loads away from the trunk? NO</p> <p>Twisting or stooping? YES</p> <p>Reaching upwards? YES</p> <p>Large vertical movement? NO</p> <p>Long carrying distances? NO</p> <p>Strenuous pushing or pulling? NO</p> <p>Unpredictable movement of loads? POSS</p> <p>Repetitive handling? YES</p> <p>Insufficient rest and recovery? NO</p> <p>A work rate imposed by a process? NO</p> <p>The Individual's capability - does the job:-</p> <p>Require unusual capability? NO</p> <p>Endanger those with a health problem? NO</p> <p>Endanger those who are pregnant? YES</p> <p>Call for special information / training? YES</p> <p>The Loads – are they:-</p> <p>Heavy? NO</p> <p>Bulky / unwieldy? YES</p> <p>Difficult to grasp? YES</p> <p>Unstable / unpredictable? NO</p> <p>Intrinsically harmful (e.g. sharp / hot)? NO</p> <p>The Environment: are there:-</p> <p>Constraints on posture? NO</p> <p>Poor floors? NO</p> <p>Variations in levels? NO</p> <p>Hot / cold / humid conditions? POSS</p> <p>Strong air movements? POSS</p> <p>Poor lighting conditions? NO</p> <p>Other factors:</p>		<p>TROLLEY HELD TO MINIMISE MOVEMENT</p> <p>REGULAR BREAKS TAKEN</p> <p>TASK UNDERTAKEN BY A MALE THEREFORE N/A</p> <p>MANUAL HANDLING TRAINING UNDERTAKEN</p> <p>TASK UNDERTAKEN OUTSIDE</p> <p>WEATHER CONDITIONS</p> <p>~”~</p>
Is movement or posture hindered by clothing or personal protective equipment?	NO	
Comments: GARDENER ONLY CARRIES ONE CONTAINER AT ONCE TO MINIMISE WEIGHT AND BULK		
Completed by: J JOWETT	Date: 09/10/06	
Position: CLERK TO COUNCIL	Link to RA Form Ref: RA14 & MHRA 3	



PENINSULA
