

# MANUAL HANDLING INFORMATION CHECKLIST

Form MHIC

<b>Task Location:</b>		
<b>Task Undertaken:</b>		
<b>Questions to consider:</b>	<b>Yes / No</b>	<b>Comments</b>
<p><b>The Task</b> – does it involve:-</p> <p>Holding loads away from the trunk?</p> <p>Twisting or stooping?</p> <p>Reaching upwards?</p> <p>Large vertical movement?</p> <p>Long carrying distances?</p> <p>Strenuous pushing or pulling?</p> <p>Unpredictable movement of loads?</p> <p>Repetitive handling?</p> <p>Insufficient rest and recovery?</p> <p>A work rate imposed by a process?</p> <p><b>The Individual's capability</b> - does the job:-</p> <p>Require unusual capability?</p> <p>Endanger those with a health problem?</p> <p>Endanger those who are pregnant?</p> <p>Call for special information / training?</p> <p><b>The Loads</b> – are they:-</p> <p>Heavy?</p> <p>Bulky / unwieldy?</p> <p>Difficult to grasp?</p> <p>Unstable / unpredictable?</p> <p>Intrinsically harmful (e.g. sharp / hot)?</p> <p><b>The Environment:</b> are there:-</p> <p>Constraints on posture?</p> <p>Poor floors?</p> <p>Variations in levels?</p> <p>Hot / cold / humid conditions?</p> <p>Strong air movements?</p> <p>Poor lighting conditions?</p> <p><b>Other factors:</b></p>		
Is movement or posture hindered by clothing or personal protective equipment?		
<b>Comments:</b>		
<b>Completed by:</b>	<b>Date:</b>	
<b>Position:</b>	<b>Link to RA Form Ref:</b>	



---

PENINSULA

---