



Risk Assessment – Manual Handling

Company:	SES Engineering (Newark) Ltd	Date:	16.05.2022	Review Date:	16.05.2023	Ref:	SES/0021
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Operation:	Manual Handling (non-specific item)			Persons at risk:	Employees, 3 rd parties		
HAZARD	Assessment			CONTROL MEASURES TO REDUCE THE RISK	Re-assessment		
	S	L	R		S	L	R
Lifting/Pulling/Pushing of Heavy Loads	3	4	12	Use automated or mechanical aids where possible i.e., pallet truck, rollers, hoists etc. If this is not necessary or practicable, and the load is within your capabilities, lift the load with your back straight and your knees bent looking straight ahead, taking the strain on your legs. If the load is very heavy or awkward seek assistance – DO NOT ATTEMPT TO LIFT ON YOUR OWN.	3	1	3
Slips/Trip/Falls.	3	4	12	Plan your route, move any obstacles that may be present. Ensure safe access and egress to and from all work areas and there is adequate lighting. Maintain high standards of housekeeping.	3	1	3
Cuts from sharp edges.	3	4	12	Wear gloves for manual handling operations to protect hands. Always automate or mechanise where possible to reduce risk of injury.	3	1	3
Trapped fingers, hands etc.	3	4	12	Always try to keep hands away from load edges especially in tight areas and use handles where provided.	3	1	3
Strains/Sprains.	3	4	12	Avoid twisting, stooping, reaching, and carrying long distances.	3	1	3
Muscular/Skeletal disorders.	3	4	12	Ensure an even floor and sufficient rest/recovery time. Maintain a good posture if the task is repetitive a separate risk assessment may be required.	3	1	3



Likelihood →	Likely (5)	Probable (4)	Possible (3)	Unlikely (2)	Very unlikely (1)
↓ Severity					
Death (4)	20	16	12	8	4
Major Injury (3)	15	12	9	6	3
Minor Injury (2)	10	8	6	4	2
No Injury (1)	5	4	3	2	1

KEY: S = Severity

L = Likelihood

R = Risk rating

12-20 High risk
8-10 Medium risk
1-6 Low risk

PPE Required:

Hard hat	Y
High vis clothing & boots	Y
Eye/ ear protection	As necessary
Suitable gloves	Y
Respiratory equipment	As necessary
Safety harness	As necessary

Risk assessment to be reviewed every 12 months or following an accident / incident.