

Health & Safety Risk Assessment - Manual Handling

Principal Hazards	Who Could Be Harmed?	How Could They Be Harmed?	Severity Of Risk High/Moderate/Low	Safe Working Method To Minimise Risks
Manual Handling	Operator	Muscle problems or aches and pains	Low	Ensure you operate poles with greater use of legs, by stepping a single stride forward and back, thus use of the arms may be significantly reduced.
				Pole share with other members of the team
				Switch from the left to the right and vice-versa
				Take regular breaks to undertake other tasks and take periodic breaks free from activity
				All employees have carried out sufficient training and are competent people. No employee is allowed to use any equipment without sufficient training.