

Manual Handling Risk Assessment Form

RA Ref No:

Assessor	Job Title	Assessment Date	Review Dates / Initials	
Stacey Belbin	Manager/Skipper	01/01/2020	01/01/2021	SB

Name of Employee Assessed:	Stacey Belbin	Job/Role:	Manager/Skipper
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Hz No.	Are the Loads:	Details	Level of Risk			Existing controls	Further controls / action
			L	M	H		
L1	Heavy	Diesel cans being carried down to the vessel	x			diesel is decanted into 10 litre cans making the lifting load 8.55kg	NA
L2	Bulky or unwieldy	No				N/A	N/A
L3	Difficult to grasp/hold	No				N/A	N/A
L4	Unstable/unpredictable	No				N/A	N/A
L5	Harmful – hot/sharp	No				N/A	N/A

Hz No.	The individual: Does the job:	Details	Level of Risk			Existing controls	Further controls / action
			L	M	H		
I1	Requires unusual strength or capability	No				N/A	N/A
I2	Calls for special training/equipment	Manual handling of boat and its safety equipment	x			Ensure suitable qualifications have been obtained	N/A
I3	Poses a risk for pregnant workers	No				N/A	N/A

<i>Probability (P)</i>	<i>5=very likely, 4=likely, 3=quite possible, 2=possible, 1=unlikely</i>
<i>Severity (S)</i>	<i>5=fatal, 4=severe, 3=moderate, 2=slight, 1=negligible</i>
<i>Risk (R)</i>	<i>0-8=low risk, no action required. 9-15=medium risk, ensure adequate controls are in use. 16-25=high risk, stop operation & implement control measures</i>

14	Poses a risk to those with a health problem or physical or learning difficulty	No				N/A	N/A
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Hz No.	Does the Task involve:	Details	Level of Risk			Existing controls	Further controls / action
			L	M	H		
T1	Holding loads away from the body	Transporting diesel/oil cans	X			Diesel/oil is decanted into small 10litre cans to avoid heavy lifting, reducing the lifting weight to 8.55kg	N/A
T2	Twisting	Occasional when working on engine	X			ensure care is taken at all times to reduce this where possible	N/A
T3	Stooping	Occasional when working on engine	X			ensure care is taken at all times to bend at the knees and kneel down where possible	N/A
T4	Reaching upwards	checking light and horn equipment	X			ensure these checks are carried out in calm conditions	N/A
T5	Large vertical movement – i.e. squat to stretch	No				N/A	N/A
T6	Carrying long distances	Transporting Oil/Diesel cans down the jetty to the vessel	X			ensure regular breaks during the journey resting the arms and body from carrying items	Use a pull along trolley where available
T7	Strenuous pushing or pulling	No				N/A	N/A
T8	Unpredictable movement of the load – i.e. liquids	Transporting Oil/Diesel cans	X			cans are filled to brim so that weight is evenly distributed and cannot shift the weight	N/A
T9	Repetitive handling	No				N/A	N/A
T10	Handling driven by a process i.e. conveyor belt	N/A				N/A	N/A

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T11	Insufficient time to rest	Long summer working hours		X		ensure sufficient time is allocated to sleep before the next working day
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Hz No.	In the working environment, are there:	Details	Level of Risk			Existing controls	Further controls / action
			L	M	H		
E1	Constraints on posture – i.e. room to stand	No				N/A	N/A
E2	Variations in levels i.e. stairs or ramps	stepping on and off the boat	X			non slip surfaces painted grey to highlight where to put your footing	N/A
E3	Hot/cold/humid conditions	winter season - cold summer season - hot	X			survival suit worn in winter to maintain correct body temperature, factor 30 suncream provided in summer with SPF lip balm	N/A
E4	Strong air movements - wind	windy weather	X			ensure skipper is fully trained to operate vessel in windy conditions and engine fitted has enough HP to control the vessel in these conditions, ensure suitable footwear worn to maintain balance	do not proceed to use vessel in dangerously windy conditions
E5	Poor lighting conditions	Early Morning/Late evening boat trips	X			Navigational lights fitted on the boat to identify the vessel to other water users, spot light and deck light fitted to light working areas	peak cap to be worn to keep light pollution out of eyes

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