

Designer Contracts Ltd

Unit 8, Church View, Coney Green, Chesterfield, S45 9HA

Location: All Sites

Title : Manual Handling - General Risk Assessment	Date of Assessment : 14/07/2022	Risk Assessor : Laura Cross
Risk Assessment Reference : GENMANHAND	People involved in making this assessment : Antony Maidens, Stacey Brereton	
Task/ Process : Manual Handling Assessment	People at Risk : Employees, Contractors	

Hazard : Manual handling Untrained staff may not appreciate the risks involved in manual handling, be unaware of procedures and be at risk of musculoskeletal injuries - acute and chronic back pain or muscle strains.

Control Measures:

1. All Sub-Contractors/Employed Fitters will be trained in Manual Handling.
2. Follow manual handling techniques at all times.
3. Manual handling activities must be carried out in a suitable environment free from obstructions, good flooring and lighting conditions.
4. The weight of the item is to always be assessed before lifting it, no item is lifted by one person if is suspected to be too heavy for the individual, use of lifting aids or further assistance from a colleague is requested. For the heavy carpets a 2 man lift must be carried out.
5. Ensure you position yourself to face the direction of the lift, place your feet hip width apart with the leading foot slightly forward to maintain balance and avoid twisting.
6. Bend your knees, not your back. Never carry anything on your head.
7. Grip with the palms of your hands and the roots of your fingers and thumbs.
8. If carrying out a 2 person lift, decide beforehand who will give the instructions during the lift.
9. Employees are physically fit, and instructed to report any known medical conditions that may affect their safety. **DO NOT LIFT WHEN PREGNANT.**
10. Incidents, hazards, near miss reporting procedure is in place.
11. Where staff are unaware of the weight of a particular load they should seek assistance before attempting to move it.
12. Weight of Carpets and Matting & LVT vary due to different cut sizes. Be mindful of weight and only carry what you are safely able to. ****Various weights eg Max weight for Carpet 34kg****
13. Park vehicle as close to the plot as possible to reduce the time spent conduction Manual Handling.

Documents Associated with this Risk Assessment:	
Review Date : 14/07/2023	Reviewer : Laura Cross