

Manual Handling Risk Assessment Checklist

Site / Project	_____	Address	_____
Inspector name	_____	Company	_____
Date	_____	Time	_____

Documentation aid only. Adapt this resource to the site, manufacturer instructions, and applicable local requirements. It does not replace a competent person, professional judgment, legal advice, or a required statutory form.

Jurisdiction: UK. Based on UK MHOR 1992 and EU Directive 90/269/EEC, using the HSE MAC Tool. Adaptable to other jurisdictions with manual handling regulations.

Inspection checklist

Assessment header

Workplace / site name

Assessor name and date

Task being assessed (lifting, carrying, team handling)

Worker(s) assessed

Legal hierarchy: avoid, assess, reduce

Can the manual lift be avoided entirely (mechanical aids, delivery to point of use)?

If not avoided: suitable and sufficient assessment conducted

Risk reduction measures identified and implemented

Load characteristics

Weight of load (kg)

Horizontal distance: center of gravity from worker's lower back

Vertical lift zones: floor / below knee / knuckle height / elbow height / above shoulder

Asymmetrical trunk twisting: required / not required

Grip on load: ergonomic handles / smooth / awkward / pinch grip

Worker factors

Worker experience and training in manual handling

Physical capability for the specific task

Frequency of handling operations per shift

Duration of each handling operation

Working environment

Space constraints: low headroom, narrow racking, awkward postures forced

Floor surface: slippery, wet, uneven, sloped

Environmental extremes: freezing temperatures, high heat

Lighting: adequate for the task

MAC Tool risk banding

Green: Low risk – acceptable for most healthy adult workers

Amber: Medium risk – examine operation and introduce controls

Red: High risk – significant proportion of workforce at risk, re-engineer task

Purple: Unacceptable – halt task and redesign

Controls and follow-up

Controls implemented (mechanical aids, team handling, load reduction, environmental changes)

Review date

Assessor signature

Findings

#	Item	Location	Severity	Action required
1				
2				
3				
4				
5				
6				
7				
8				

Signature

Inspector signature _____

Name _____

Date _____

References consulted

UK Manual Handling Operations Regulations 1992 (MHOR)

EU Directive 90/269/EEC on manual handling

UK HSE – MAC Tool (Manual Handling Assessment Chart)

UK HSE – Manual handling (INDG143)

Verify the current edition and local adoption before use.