

SCHEDULE 1

Regulation 4(1)(b)(i)

FACTORS TO WHICH THE EMPLOYER MUST HAVE REGARD
AND QUESTIONS HE MUST CONSIDER WHEN MAKING
AN ASSESSMENT OF MANUAL HANDLING OPERATIONS

Column 1 <i>Factors</i>	Column 2 <i>Questions</i>
<p>1. The tasks</p>	<p>Do they involve:</p> <ul style="list-style-type: none"> — holding or manipulating loads at distance from trunk? — unsatisfactory bodily movement or posture, especially: <ul style="list-style-type: none"> — twisting the trunk? — stooping? — reaching upwards? — excessive movement of loads, especially: <ul style="list-style-type: none"> — excessive lifting or lowering distances? — excessive carrying distances? — excessive pushing or pulling of loads? — risk of sudden movement of loads? — frequent or prolonged physical effort? — insufficient rest or recovery periods? — a rate of work imposed by a process?
<p>2. The loads</p>	<p>Are they:</p> <ul style="list-style-type: none"> — heavy? — bulky or unwieldy? — difficult to grasp? — unstable, or with contents likely to shift? — sharp, hot or otherwise potentially damaging?
<p>3. The working environment</p>	<p>Are there:</p> <ul style="list-style-type: none"> — space constraints preventing good posture? — uneven, slippery or unstable floors? — variations in level of floors or work surfaces? — extremes of temperature or humidity? — conditions causing ventilation problems or gusts of wind? — poor lighting conditions?
<p>4. Individual capability</p>	<p>Does the job:</p> <ul style="list-style-type: none"> — require unusual strength, height, etc? — create a hazard to those who might reasonably be considered to be pregnant or to have a health problem? — require special information or training for its safe performance?

Status: This is the original version (as it was originally made).

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5. Other factors	Is movement or posture hindered by personal protective equipment or by clothing?