

# Lifting Hazard Assessment Checklist



## BENEFITS

Workers often lift, carry, move or otherwise handle various materials by hand as part of their jobs. But while doing so, they're at risk of getting hurt. For example, lifting heavy objects manually can cause musculoskeletal injuries (MSIs), such as back strains. So the OHS regulations require employers to protect workers from such injuries.

## HOW TO USE THE TOOL

Use this checklist to quickly identify potential problems when workers are required to lift materials. It isn't designed to be a comprehensive risk assessment technique as additional risk factors may exist that aren't accounted for in this checklist.

"Yes" responses are indicative of conditions that pose a risk of back injury. The more "Yes" responses, the greater the possible risk of injury. If you determine there's a high possibility of the risk of injury, conduct a more comprehensive risk assessment.