

# Manual Handling Risk Assessment Form



## BENEFITS

Employers have a duty under the OHS laws to minimize ergonomics hazards in the workplace that can cause musculoskeletal injuries (MSIs). The manual handling of materials—that is, tasks that require workers to lift, lower, push, pull, hold or carry materials—is a key source of MSIs. That’s why it’s important to identify those manual handling tasks that pose the risk of MSIs so you can take appropriate steps to eliminate or minimize that risk.

## HOW TO USE THE TOOL

Use this worksheet to identify problems associated with different manual handling situations. For each yes answer, specify the situation, task or job concerned in detail. Make sure to assess those situations, tasks or jobs to determine the steps you should take to address the risk that workers could develop MSIs or otherwise get injured—and then implement those steps.