

# Risk Management Process For Manual Tasks



**Identify**

## What is the Manual Task?

Using the body to lift, lower, push. Pull, carry or otherwise move, hold or restrain any person, animal or thing.

## Is the Manual Task Hazardous?

### Applications of Force

- Repetitive
- Sustained
- High
- Sudden

### Posture

- Sustained
- Awkward

### Movement

- Repetitive

### Exposure to vibration

**Consult**

**Assess**

## What is the Risk of MSD?

- How often and how long are specific postures, movements or forces performed or held?
- What is the duration of the task?
- Does the task involve high or sudden force?
- Does the task involve vibration?

## What is the Source of Risk?

### Work area design layout

### Systems of Work

### Nature, size, weight and number of persons, animals or things handled

### Work Environment

**Consult**

**Control**

- Is the task necessary?
- Can the source of risk (work area layout, environment etc.) be changed?
- Can mechanical aids be used to perform the task?
- What training is needed to support the control measures?

**Consult**

**Review**

- When the control measure is no longer effective
- Before a change at the workplace that is likely to give rise to a new or different health and safety risk that the control measure may not effectively control
- If the new hazard or risk is identified
- If the results of consultation indicate that a review is necessary, or
- If a health and safety representative at the workplace requests a review.

**Consult**