

Note the Common Hazards	Brushcutter []	Chainsaws []	General Tasks []	Ladders []
Risk Assessments consulted:	Mowers []	Ragwort Pulling []	Stock Fencing []	[]
Add any additional hazards and controls not included in the Common hazard risk assessments.				
	Hazard	Who may be harmed	Control measures	Risk (H,M,L)
1				
2				
3				
Manual handling Common hazards risk assessment: To be completed prior to the task				
Hazard	Y/N	Measures to reduce likelihood	HML	
Does the task involve?				
Twisting	<input type="checkbox"/> Y	Take frequent breaks, avoid repetitive handling.	<input type="checkbox"/> L	
Stooping	<input type="checkbox"/> Y	Keep back straight, take regular rest breaks. Use lifting aids.	<input type="checkbox"/> L	
Holding loads away from the body	<input type="checkbox"/> Y	Make the load smaller if possible, carry in pairs.	<input type="checkbox"/> L	
Reaching upwards	<input type="checkbox"/> Y	Avoid lifting over shoulder height, use lifting aid, can a safe platform be provided.	<input type="checkbox"/> L	
Large vertical movements	<input type="checkbox"/> Y	Use lifting aids, avoid lifting from floor if possible.	<input type="checkbox"/> L	
Long carrying distances	<input type="checkbox"/> Y	Seek alternative route, use lifting aid, set up a relay system, take frequent breaks.	<input type="checkbox"/> L	
Strenuous pushing or pulling	<input type="checkbox"/> Y	Pull and pull gently- work in pairs or groups. Seek alternative methods.	<input type="checkbox"/> L	
Unpredictable movement of loads	<input type="checkbox"/> Y	Support loads where possible, reduce size of load, use lifting aid, work in teams to carry load.	<input type="checkbox"/> L	
Repetitive handling	<input type="checkbox"/> Y	Take rest breaks, vary the work to rest one set of muscles.	<input type="checkbox"/> L	
Insufficient rest or recovery times	<input type="checkbox"/> Y	Always stress need to take breaks and model this, don't place undue stress on need to complete task.	<input type="checkbox"/> L	
Loads – are they?				
Heavy	<input type="checkbox"/> Y	Use lifting aid where possible, carry heavy objects in pairs, do not lift loads beyond your capacity.	<input type="checkbox"/> L	
Bulky	<input type="checkbox"/> Y	Reduce size of load, consider working in teams, advise participants of trip/slip hazards.	<input type="checkbox"/> L	
Unstable or unpredictable	<input type="checkbox"/> Y	Reduce size of load, support load where possible.	<input type="checkbox"/> L	
Intrinsically harmful e.g. hot, sharp	<input type="checkbox"/> Y	Warn participants of risks, reduce harmful nature of load, provide suitable protective clothing, consider using specialist contractors.	<input type="checkbox"/> L	
Are there environmental constraints?				
Constraints on posture	<input type="checkbox"/> Y	Remove obstacles where possible, move location of task.	<input type="checkbox"/> L	
Uneven ground surfaces	<input type="checkbox"/> Y	Advise participants of suitable footwear. Be careful not to overbalance when pulling.	<input type="checkbox"/> L	
Humid/hot/cold conditions	<input type="checkbox"/> Y	Wear suitable clothing, hats and sunscreen; take frequent breaks; check on participants regularly.	<input type="checkbox"/> L	
Individual capacity – does the job?				
Require unusual capability e.g. above average strength	<input type="checkbox"/> Y	Reduce the load, use lifting aids, appoint tasks within group appropriately.	<input type="checkbox"/> L	
Endanger those with a health problem	<input type="checkbox"/> Y	Warn of risks at start of task, ask participants to inform first aiders of any health issues.	<input type="checkbox"/> L	
Endanger pregnant women	<input type="checkbox"/> Y	Participants to inform staff and separate risk assessment conducted.	<input type="checkbox"/> L	
Call for special information or training	<input type="checkbox"/> Y	Warn participants of risks, consider using specialist contractors.	<input type="checkbox"/> L	
If the resultant risk likelihood comes out as high after the control measures are in place then the task cannot proceed.				
Comments / Notes				
Accidents & Near Misses should be recorded in the Accident & Incident Report				

