MAID FOR EACH OTHER LTD.

RISK ASSESSMENT

Task: Manual handling (lifting, carrying, pushing/pulling)

Company:	Maid For Each Other LTD
Date of assessment	01/01/2026
Completed by:	Mihaela Cristian

Identified hazards

- Musculoskeletal injuries (back, shoulders, neck, knees) from lifting/carrying/pushing/pulling.
- Strains/sprains from awkward postures, twisting, overreaching, and repetitive handling.
- Crush injuries to hands/feet from dropped items or trapped fingers.
- Slips, trips and falls while carrying loads (reduced visibility, wet floors, uneven surfaces).
- Fatigue and overexertion, increasing accident risk.
- Collision risk with customers/occupants when moving items through busy areas.

Who is at risk? Employees (and others in the work area who may be affected).

How is the risk controlled?

- Assess the load and route before moving: weight, size, stability, sharp edges, and any obstructions.
- Use mechanical aids where available (trolley, wheeled bin, cart) and avoid carrying heavy loads long distances.
- Team lift for heavy/bulky items or where the load is awkward; agree commands and move together.
- Safe lifting technique: keep load close, bend knees, keep back straight, avoid twisting; turn with feet.
- Do not overfill buckets/bags; split loads into smaller manageable amounts.
- Maintain good housekeeping: keep walkways clear, clean spills promptly, ensure adequate lighting.
- Wear suitable footwear (non-slip) and gloves where needed for grip/protection.

- Take breaks/rotate tasks to reduce repetitive strain and fatigue.
- Report any discomfort, injuries, or unsafe conditions; stop work if the load cannot be moved safely.
- Training provided for manual handling and safe systems of work.

PPE / Safety checklist (tick as applicable)

x Non-slip footwear worn.	x Route checked and clear.
☐ Protective gloves available (grip/protection).	☐ Mechanical aid used (where available).
x Load assessed before moving.	x Team lift used (where required).
x Manual handling training completed.	x Loads not overfilled.
x Area to be well lit.	☐ Reporting procedures followed.
☐ Good housekeeping observed.	☐ Routine safety checks undertaken.

Risk assessment for this task: Medium risk.