



## Manual tasks risk management worksheet

Refer to the [Hazardous manual tasks Code of Practice 2011](#) for further guidance.

Use this form to help to identify and manage risks of hazardous manual tasks in your workplace.

This form is designed to be used electronically.

When you see the icon:  click it for further information and use your mouse to hover over text and check boxes for examples.

Date of assessment:

Name of assessor(s):

Position(s):

Incident/reference number:

### Step 1: What is the manual task?

Relevant worker(s) to consult:

Name of task or activity:

Location where task occurs:

Who performs the task:

General description:

Hazardous manual tasks can result in musculoskeletal disorders (MSDs) such as sprains or strains. Work through the following questions to determine which postures, movements and forces of the task pose a risk.

### Step 2: Is the manual task hazardous?

**Question 1 - Does the task involve any of the following risk factors?**

Repetitive movement  Sustained or awkward postures  Repetitive or sustained forces

**Question 2 - Does the task occur over a long time?**

Is the task done:

for more than a total of two hours over a whole shift  continuously for more than 30 minutes at a time

**Question 3 - Does the task involve high or sudden force?** 

Yes  No

**Question 4 - Does the task involve vibration?** 

Yes  No

Comments for step 2:

**Question 5 - Is there a risk?**

The task involves a risk of MSDs (e.g. sprain or strain) if you have ticked any boxes or answered 'yes' to either:

Question 1 and Question 2  Question 3  Question 4

If you ticked "Yes" to any question in Question 5, continue to Step 3.

If you answered "yes" to Question 4, the task may be a risk and will require further investigation.

# Manual Tasks Advisory Standard 2000

**Shasha Hu**



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