**Moving and Handling Risk Assessment**

Risk assessments are a formal method of weighing up a situation to ensure safety.

A **hazard** is something that might cause harm, a **risk** is the chance, great or small, of a person being harmed by the hazard.

**The 5 steps to risk assessment:**

Step 1 – Identify the hazards

Step 2 – Decide who might be harmed and how

Step 3 – Evaluate the risk and decide on the precautions

Step 4 – Record your findings and implement them

Step 5 – Review your assessment and update if necessary

**Identify the hazards:**

The Manual Handling Operations Regulations 1992 provide guidance on the factors to be considered in assessing any manual handling operation, this includes people and inanimate loads. There are 5 main categories to be acted upon before moving the person or any other load. These are as follows, and the acronym **TILEO** may be used as a reminder:

**TASK**

Does the task need to be completed?

Consider the postures and movements used by the individual assisting.

Do you need equipment to help as there may be awkward postures and/or prolonged physical effort required?

Hazards may include twisting, stooping, overreaching, excessive pushing/pulling, carrying for long distances, excessive lifting and lowering distances, holding loads away from the trunk

Consider unpredictable movement.

**INDIVIDUAL CAPACITY:**

This refers to the capacity of the handler and their physical characteristics and skills.

Does the task require extremes of height and/or strength?

How many people are required?

Is the handler familiar with the equipment? Do they have the necessary skills/knowledge?

Is the handler physical able to complete the task? Consider size, pregnancy, health/fitness problems.

**LOAD:**

This refers to the characteristics of the object or person to be moved.

Consider the diagnosis / medical condition of the individual, pain/discomfort and medication

The weight, height and build of the individual being assisted to move.

What are the capabilities of the individual being assisted to move?

Does the individual have any communication, sensory and/or cognitive impairment?

Consider attitudes, feelings, and behaviour.

Consider the individuals religious and cultural needs.

**ENVIRONMENT:**

Consider the place the activity is to take place and any environmental hazards.

Hazards may include space constraints, flooring, variations in levels, constraints on posture, poor lighting, hot/cold/humid conditions, uneven or slippery flooring.

Can you make it easier by changing the environment?

**OTHER FACTORS:**

Any other hazards associated with the moving and handling task, which have not been identified in the above sections, these may include protective clothing, equipment, staffing levels, procedures, time of day, lack of training, poor planning, and poor communication.

***References:***

*HME (Handling, Movement and Ergonomics), (2005), Moving and Handling Core Skills Handbook.*

*Better Outcomes in Adult Care Training Consultancy, (2021), Manual Handling Risk Assessment Theory Workbook.*