

## Manual Handling TILEO

<p><u>Task</u></p>	<p>Does the manual handling task involve any of the following:</p> <ul style="list-style-type: none"> <li>• Twisting</li> <li>• Stooping</li> <li>• Bending</li> <li>• Pushing</li> <li>• Pulling</li> <li>• Positioning the load</li> <li>• Sudden movement</li> <li>• Not enough rest or recovery period</li> <li>• Team handling</li> <li>• Seated work</li> </ul>
<p><u>Individual</u></p>	<p>Is the person</p> <ul style="list-style-type: none"> <li>• Pregnant</li> <li>• Disabled</li> <li>• Suffering from Health problems</li> </ul>
<p><u>Load</u></p>	<p>Is the load</p> <ul style="list-style-type: none"> <li>• Difficult to grip</li> <li>• Sharp</li> <li>• Hot</li> <li>• Cold</li> <li>• Content likely to move</li> </ul>
<p><u>Environment</u></p>	<p>Within the environment is/are there:</p> <ul style="list-style-type: none"> <li>• Space constraints</li> <li>• Uneven Flooring</li> <li>• Slippery flooring</li>   <li>• Differences in floor levels</li> <li>• Conditions hot/cold/humid</li> </ul>
<p><u>Other Factor</u></p>	<ul style="list-style-type: none"> <li>• Is movement of posture hindered by clothing or personal protective equipment.</li> <li>• Is there and absence of the correct/suitable PPE being worn.</li> </ul>