

## Schedule 1

**Factors to which the employer must have regard and questions he must consider when making an assessment of manual handling operations.**

Factors	Questions
1. The tasks	<p>Do they involve:</p> <ul style="list-style-type: none"> <li>- holding or manipulating loads at distance from trunk?</li> <li>- unsatisfactory bodily movement or posture, especially:               <ul style="list-style-type: none"> <li>- twisting the trunk?</li> <li>- stooping?</li> <li>- reaching upwards?</li> </ul> </li> <li>- excessive movement of loads, especially:               <ul style="list-style-type: none"> <li>- excessive lifting or lowering distances?</li> <li>- excessive carrying distances?</li> </ul> </li> <li>- excessive pushing or pulling of loads?</li> <li>- risk of sudden movement of loads?</li> <li>- frequent or prolonged physical effort?</li> <li>- insufficient rest or recovery periods?</li> <li>- a rate of work imposed by a process?</li> </ul>
2. The loads	<p>Are they:</p> <ul style="list-style-type: none"> <li>- heavy?</li> <li>- bulky or unwieldy?</li> <li>- difficult to grasp?</li> <li>- unstable, or with contents likely to shift?</li> <li>- sharp, hot or otherwise potentially damaging?</li> </ul>
3. The working environment	<p>Are there:</p> <ul style="list-style-type: none"> <li>- space constraints preventing good posture?</li> <li>- uneven, slippery or unstable floors?</li> <li>- variations in level of floors or work surfaces?</li> <li>- extremes of temperature or humidity?</li> <li>- conditions causing ventilation problems or gusts of wind?</li> </ul>
4. Individual capability	<p>Does the job:</p> <ul style="list-style-type: none"> <li>- require unusual strength, height, etc?</li> <li>- create a hazard to those who might reasonably be considered to be pregnant or to have a health problem?</li> <li>- require special information or training for its safe performance?</li> </ul>
5. Other factors	<p>Is movement or posture hindered by personal protective equipment or by clothing?</p>