


## Manual Handling / Lifting Checklist

This checklist assesses risks associated with lifting heavy loads. Encourages safe lifting techniques and mechanical aids. Identifies ergonomic risks to prevent injuries.

- Have workers been trained in safe lifting techniques?
- Is mechanical lifting equipment available and used properly?
- Are team lifts used for heavy or awkward loads?
- Are storage areas organized to minimize bending and reaching?
- Are load weights assessed before lifting?
- Are workstations set up to reduce strain?
- Are handles and grips on loads adequate for lifting?
- Is personal protective equipment used when handling heavy loads?
- Are rest breaks provided for tasks involving repetitive lifting?
- Are carts and trolleys available for transporting loads?
- Is there adequate space for lifting and moving materials safely?
- Are workers avoiding twisting while lifting?
- Are slip and trip hazards removed from manual handling areas?
- Are lifting techniques assessed regularly for improvement?
- Are mechanical aids maintained and in good working order?

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