Manual Handling Risk Assessment

Assess a lifting or carrying task using TILE: task, individual, load and environment, with controls and residual risk.

Task

Task description *	
Location	
Assessor *	
Date *	_____ / _____ / _____
Load weight (kg)	
Frequency (lifts per hour)	
Carry distance (m)	

TILE

Item	Yes	No
Task: twisting or stooping *	☐	☐
Task: reaching above shoulder *	☐	☐
Task: long carry distances *	☐	☐
Task: repetitive handling *	☐	☐
Individual: needs special training or capability *	☐	☐
Load: heavy, bulky or unstable *	☐	☐
Load: difficult to grip *	☐	☐
Environment: space constraints *	☐	☐
Environment: uneven or slippery floors *	☐	☐
Environment: poor lighting or temperature *	☐	☐

Controls

Can the handling be avoided or mechanised? *	
Aids available	☐ Trolley ☐ Sack truck ☐ Hoist ☐ Pallet truck ☐ Team lift ☐ None
Control measures *	

Residual risk *	☐ Low ☐ Medium ☐ High
Photo 1	*Attach photo or sketch*

Sign-off

Additional comments	
Assessor name *	
Assessor signature *	
Date signed *	_____ / _____ / _____

* Required