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|  | **ACTIVITY – MANUAL HANDLING** |
| **INHERENT RISKS**Muscle strains, joint sprains, cuts and bruises |
| **LEGAL REQUIREMENTS (INCLUDING AUSTRALIAN STANDARDS)** |
| **ADDITIONAL SAFETY REQUIREMENTS/MEASURES**All staff to have at least been briefed on project-specific manual handling techniques. (If manual handling is a continuing activity requirement, personnel will undertake Manual Handling training.)Warm up prior to undertaking manual handling activity. Regular rest breaks scheduled.Appropriate number of personnel, and lifting equipment, used for lifting and moving activities. |
| **EQUIPMENT REQUIREMENTS**Specialised lifting equipment appropriate to the task. |
| **PRE-REQUISITES**No existing back strain injury or history of recurrent back strain.If manual handling is a recurring and long term activity, Manual Handling Training is required. |
| **BRIEFING REQUIREMENTS**Project-specific safety and handling techniques. |
| **ADDITIONAL PROJECT-SPECIFIC SAFETY PROCESSES/REQUIREMENTS**List any additional safety measure you will be implementing specific to your project |
| **RISK ASSESSMENT AND RATING****LIKELIHOOD CONSEQUENCE RATING** |