

Designer Contracts Ltd

Reference: GENMANHAND

Risk Assessment

Title	Manual Handling – General Risk Assessment	Date Of Assessment	Wed 17 Dec 2025
Site	Designer Contracts Ltd	Location	All locations
Risk Assessor	Laura Cross	Assisted By	Antony Maidens
Non-Employees Involved	-	People At Risk	Subcontractors, Employees
Task Description	General Risk Assessment		
Review Date	Mon 04 Jan 2027	Reviewer	Laura Cross

Hazards

Hazard	Manual handling
Risk Of Harm	Untrained staff may not appreciate the risks involved in manual handling, be unaware of procedures and be at risk of musculoskeletal injuries – acute and chronic back pain or muscle strains
Existing Control Measures	1. All Employed Fitters will be trained in Manual Handling. 2. Follow manual handling techniques at all times. 3. Manual handling activities must be carried out in a suitable environment free from obstructions, good flooring and lighting conditions. 4. The weight of the item is to always be assessed before lifting it, no item is lifted by one person if it is suspected to be too heavy for the individual, use of lifting aids or further assistance from a colleague is requested. For the heavy carpets a 2 man lift must be carried out. . Ensure you position yourself to face the direction of the lift, place your feet hip width apart with the leading foot slightly forward to maintain balance and avoid twisting. 6. Bend your knees, not your back. Never carry anything on your head. 7. Grip with the palms of your hands and the roots of your fingers and thumbs. 8. If carrying out a 2 person lift, decide beforehand who will give the instructions during the lift. 9. Employees are physically fit, and instructed to report any known medical conditions that may affect their safety. DO NOT LIFT WHEN PREGNANT. 10. Incidents, hazards, near miss reporting procedure is in place. 11. Where staff are unaware of the weight of a particular load they should seek assistance before attempting to move it. 12. Weights of household items will vary. Be mindful of weight and only carry what you are safely able to, ** Various weights eg max weight for Carpets 34kg ** 13. Level 5 gloves to be worn when handling and bundling gripper rods.