##### **Risk Assessment - Appendix 3**

**Homeworking Manual Handling (MH) Risk Assessment Form**

If you are manual handling equipment or materials provided by Oxford Brookes University at home please complete this form and return it to your line manager.

|  |  |  |
| --- | --- | --- |
|  | Yes | **No** |
| 1. Are you handling loads that are heavy, bulky, unstable or difficult to grasp?
2. Does the task involve holding loads away from the body?
3. Does the task involve twisting, stooping, stretching or carrying over long distances?
4. Does the task involve strenuous pushing or pulling?
5. Are there adequate opportunities to take a break from your task?
6. Does the task require special information or training?
7. Are you suffering from any health problems that could affect your ability to undertake the task?
 |  |  |

|  |  |
| --- | --- |
| **Name of Homeworker:** |  |
| **School/Directorate:** |  |
| **Date:** |  |

|  |
| --- |
| **Action required (if any)** |
| **Agreed by Head of Directorate/Head of School:** |  |
| **Date:** |  |