

Simply Dazzle Manual Handling Assessment: Vacuuming

Name/purpose of activity: Vacuuming of carpets and hard flooring

Location of activity: Church Rooms, Citadel, St Marys

Team/individuals involved: All team members

What items are handled? Vacuum

When does the task take place (shift/time of day)? Mixture of times during the day

Are there indications that the task is high risk

for MSDs? No

No obvious psychological factors found.

Date: 22nd January 2024

Signature: *A. Nathan*

Risk Factors	Colour band (G, A, R or P)			Numerical score (for comparison)			Possible control measures to reduce the risk of red/amber factors – see http://www.hse.gov.uk/msd/mac/control-measures-scoresheet.htm for more information
	Lift	Carry	team	Lift	Carry	Team	
Load/weight frequency	G	G		0	0		
Hand distance from the lower back	A	A		3	3		
Vertical Lift Zone	A			1			
Torso twisting & sideways bending OR Asymmetrical torso or load (carrying)	A	A		1	1		
Postural Constraints	R	A		3	1		The storage cupboard at Church Rooms and Citadel has a low ceiling. The route around this is to pull the vacuum out into an open space before lifting.
Grip on the load	G	A		0	0		
Floor Surface	G	G		0	0		
Carry Distance		R			2		To reduce carrying distance team are encouraged to wheel the vacuum rather than carry.
Obstacles on route		R			3		To reduce carrying distance team are encouraged to wheel the vacuum rather than carry.
Communication, co-ordination and control							
Environmental Factors	G	G		0	0		
	Total Score			8	10		

At times the vacuum is transported from location to location, this is conducted by using a trolley which has wheels enabling the team member to use an upright motion whilst pulling or pushing the device. Pushing is preferred over pulling.