

Simply Dazzle Manual Handling Assessment: Long Pole Cleaning

Name/purpose of activity: Removal of cobwebs and light dust from hard to reach high places.

Location of activity: All Locations (scores are given on worse case scenarios of known locations)

Team/individuals involved: Sean, Becky, Kirsty, Veronica

What items are handled? Long Extension Pole

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	G		1	0		
Postural Constraints	G	G		0	0		
Grip on the load	G	G		0	0		
Floor Surface	G	G		0	0		
Carry Distance		G			0		
Obstacles on route		G			0		
Communication, co-ordination and control							
Environmental Factors	G	G		0	0		
	Total Score			5	3		