



SAFE WORK METHOD STATEMENT – Manual Handling

Description of Activity:	MANUAL HANDLING — MH 2	Work Site/Project	
<p>The purpose of this SWMS is to maximize safety by ensuring that manual handling activities consistently complies with best practice. Manual Handling means any activity requiring the use exerted by a person to lift, lower, push, pull, carry or otherwise move, hold or restrain any object. As a guide, individual lifts should not exceed 20kg and two person lifts should not exceed 50kg.</p> <p>TRAINING SHOULD BE PROVIDED IN MANUAL HANDLING PRIOR TO MANUAL HANDLING WORK.</p> <p>This Safe Work Method Statement has been produced for your information and safety and should have been explained to you</p>			
Critical Steps in this Activity:	Potential Hazards:	Safety Controls:	Action By:
Complete risk assessment. Pre- planning to identify hazards and work to be carried out. Note: If any risk has been highlighted in the assessment that is not present in this SWMS please refer back to index to identify	Residents (particularly children) staff, traffic, machinery, pedestrians, services, driveways, weather conditions.	All personnel working on site must complete and sign off on induction/project risk assessment form, and be trained in this Safe Work Method Statement.	
Preparation	Slips, Trips and Falls.	Clear the work zone area of hazards, oils, objects on the floor and	