

Online Risk Assessments

ASSESSMENT DURATION:

10 minutes

TARGET AUDIENCE:

- Every worker potentially exposed to the relevant risks

AVAILABLE IN:

- Non-Audio

DELIVERED VIA:

- Intranet
- Internet
- CD Rom

HSRA3: Manual Handling Risk Assessment

- Load position
- Body movement
- Load movement
- Work rate
- Load size
- Ease of handling
- Load characteristics
- Environment
- Physical capacity

Musculoskeletal Disorders are the most common cause of occupational ill health in Great Britain. This risk assessment will enable managers and users to understand the risks associated with manual handling and take appropriate measures to reduce them.

HSRA4: RSI Risk Assessment

- Repetitive movement
- Excessive Force
- Static exertion
- Contact stress
- Posture
- Activity breaks
- Environment
- Existing medical conditions

RSI, also known as occupational overuse syndrome, work-related upper limb injury or isometric contraction myopathy, is caused by overuse of the muscles of the hands, wrists, arms or shoulders on a frequent and repeated basis. This risk assessment will enable managers to quickly identify workers at risk.

