

HAZARDS IN THE WORKPLACE

CHECKLIST: HAZARDOUS MANUAL TASKS

<p>1. Does the task involve repetitive or sustained force</p> <ul style="list-style-type: none"> - high or sudden force - repetitive movement - sustained and/or awkward posture -exposure to vibration. 	Yes	No	If you answered yes to any of these refer to the hazardous manual tasks code of practice
<p>2. Does the task involve possibility of pinching, shearing, nipping, de-gloving, amputation, crushing, cutting from the machinery used?</p>	Yes	No	If you answered yes refer to machinery manufacturing safe operating procedures, or do not undertake the task.

The advice provided in this checklist is of a general nature and it is recommended to undertake further inquiries to ensure that the work is safe. Airtasker and UnionsNSW take no responsibility for incidents or injuries that arise from the use of this advice. Go to [Unionsafe](#) or [SafeWork](#) for further information about safe work.