

NC Job Risk Assessment

Name(s) of Risk Team Members: L. Davis, D. Elling, S. Hoey, W. Litzke, A. Piper	Point Value → Parameter ↓	1	2	3	4	5
Job Title: Manual Lifting <30 lbs. (over 30 lbs. You must consider Work Planning) Job Number or Job Identifier: NC-JRA-006	Frequency (B)	≤once/year	≤once/month	≤once/week	≤once/shift	>once/shift
Job Description: Lifting objects (< 30 lbs.) by personnel without forklifts and other mechanical assistance.	Severity (C)	First Aid Only	Medical Treatment	Lost Time	Partial Disability	Death or Permanent Disability
Training Procedures List (Optional):	Likelihood (D)	Very Unlikely	Unlikely	Possible	Probable	Multiple
Approved by: S. Hoey Date:12/24/07 Rev. #: 0						

Job Step / Task	Hazard	Control(s)	Before Additional Controls					Control(s) Added to Reduce Risk	After Additional Controls					% Risk Reduction	
			Stressor	# of People A	Frequency B	Severity C	Likelihood D		Risk* AxBxCxD	Stressors	# of People A	Frequency B	Severity C		Likelihood D
Light manual lifting < 30 lbs.	Overexertion injuries caused by excessive lifting, pushing, pulling, holding, carrying	Training, proper ergonomics for lifting technique	N	1	3	4	3	36							
	Falls to same and lower levels	Proper footwear, surface maintenance, good housekeeping	N	1	3	3	3	27							

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Light manual lifting (cont.)	Bodily reaction injuries resulting from bending, climbing, loss of balance and slipping without falling	Effective supervision at the job site, use of squat lift technique, use of hand trucks/carts to minimize manual material handling	N	1	3	3	3	27							
	Cuts and abrasions	Use of gloves	N	1	3	1	2	6							
	Being struck by dropped object	Training, lifting rules	N	1	3	3	3	27							
Carrying a load up/down stairs	Falls to lower level, bodily reaction to trips	Proper lighting, housekeeping, handrails, floor maintenance, use elevator	N	1	3	4	3	36							
Moving object at extended reach	Muscle strain, back injury	Training, lifting rules, use of approved platform, use of assistance	N	1	3	3	3	36							

*Risk:	0 to 20	21 to 40	41-60	61 to 80	81 or greater
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	Negligible	Acceptable	Moderate	Substantial	Intolerable
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