

BBC Manual Handling Assessment

THE TASKS: Do they involve		
Holding loads away from the trunk?	n	(controls)
twisting?	n	
stooping?	n	
reaching upwards?	n	
large vertical movements?	n	
long carrying distances?	n	
strenuous pushing or pulling?	n	
unpredictable movement of loads?	n	
repetitive movements?	n	
insufficient rest & recovery periods?	n	
a work rate imposed by a process?	n	
THE LOADS: are they		
heavy?	n	
bulky/unwieldy?	n	
difficult to grasp?	n	
unstable or unpredictable?	n	
intrinsically hazardous (sharp edges etc.)	n	
The environment: are there	y	we might come across some branches or trees to move
constraints on posture	n	
poor floors?	y	solio, wet, slippery.
uneven surfaces?	n	
hot, cold or humid conditions?	y	natural conditions, might be rainy
strong air movements?	n	
poor lighting conditions?	y	it depends if its dark and cloudy
THE INDIVIDUALS: does the job require		
require unusual capabilities?	y	Profesional skills in Mountain Bike - Specialist
hazard those with health problems?	n	
hazard pregnant workers or nursing mothers?	n	
require special training or information?	y	Profesional skills in Mountain Bike form part of the Mountain rescue Division trained in Filmmaking

Personal information collected for the purposes of risk assessment will be used to identify those at risk, and those involved in controlling risk, from this or similar activities and to fulfil the BBC's obligations under Health and Safety policy and legislation. It will be retained for up to 6 years after the expiry of the activity. It may be shared with other organisations, including our agents and contractors, with whom the risk or the control of risk is shared.

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OTHERS:			
Does PPE interfere with any aspect of the task?		n	
TOTALS:			
The totals of YES & NO answers should guide you in your evaluation of risk, the more YES answers the higher the risk.			
Is the risk adequately controlled?		y	
ASSESSOR	Berto Rombosculi		DATE 4th March 2019