

# TILE Checklist

Task description (insert details)	Considerations	Tick if applies	Risk reduction measures (See examples in Section 33 of the Compliance Manual)	Signed and dated by the Responsible Person
	<b>Does the task involve:</b>			
	More than one person			
	Lifting			
	Lowering			
	Pushing			
	Pulling			
	Positioning the load			
	Stooping			
	Bending			
	Twisting			
	Seated Work			
	Team Handling			
	Sudden movement			
	Insufficient rest between manual handling tasks			

Individual(s) (insert names if relevant)	Considerations	Tick if applies	Risk reduction measures (See examples in Section 33 Manual handling)	Signed and dated by the Responsible Person
	<b>Is the person designated for the task:</b>			
	Under 18			
	Physically disabled			
	Suffering from any recent or long-term injuries			
<b>Load (insert details)</b>	<b>Is the load:</b>			
	Heavy			
	An awkward shape			
	Difficult to grip			
	Unstable in that it has contents that may move			
	Sharp			
	Hot			
	Cold			
	More than 1 person can lift. If so, why?			

Environment	Considerations	Tick if applies	Risk reduction measures (See examples in Section 33 Manual handling)	Signed and dated by the Responsible Person
	<b>In the area where the task will take place is/ are there:</b>			
	Appropriate lighting			
	Uneven flooring			
	Slippery flooring			
	Damaged flooring			
	Differences in levels			
	Space constraints e.g., narrow corridors or low ceilings			
	Hot, cold or humid conditions			



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