



Hazardous manual tasks Physical Risk Factors



✘ Actions and Postures

Putting yourself in awkward body postures, such as being bent and twisted while working or working above head height when doing a task.



✘ Forces and Loads

Using high or continuous force, such as repeatedly pushing a heavy wheelbarrow or holding a piece of equipment above shoulder height for a while.



✘ Vibration

Having your body shaken around by sustained vibration when using powered hand tools.



✘ Environment

Working in an area that is very noisy, extremely hot, or is very cramped.

