

Factors (TILE*) to consider when assessing manual handling operations

Task	Individual capability	Load	Working environment	Other Factors
<p>Do they involve:</p> <ul style="list-style-type: none"> ▪ holding or manipulating loads at distance from trunk? ▪ unsatisfactory bodily movement or posture, especially: <ul style="list-style-type: none"> • twisting the trunk? • stooping? • reaching upwards? ▪ excessive movement of loads, especially: <ul style="list-style-type: none"> • excessive lifting or lowering distances? • excessive carrying distances? ▪ excessive pushing or pulling of loads? ▪ risk of sudden movement of loads? ▪ frequent or prolonged physical effort? ▪ insufficient rest or recovery periods? ▪ a rate of work imposed by a process? 	<p>Does the job:</p> <ul style="list-style-type: none"> ▪ require unusual strength, height etc? ▪ create a hazard to those who might reasonably be considered to be pregnant or to have a health problem? ▪ require special information or training for its safe performance? 	<p>Are they:</p> <ul style="list-style-type: none"> ▪ heavy? ▪ bulky or unwieldy? ▪ difficult to grasp? ▪ unstable, or with contents likely to shift? ▪ sharp, hot or otherwise potentially damaging? 	<p>Are there:</p> <ul style="list-style-type: none"> ▪ space constraints preventing good posture? ▪ uneven, slippery or unstable floors? ▪ variations in level of floors or work surfaces? ▪ extremes of temperature or humidity? ▪ conditions causing ventilation problems or gusts of wind? ▪ poor lighting conditions? 	<p>Is movement or posture hindered by personal protective equipment or by clothing?</p>

*TILE is a manual handling acronym that evaluates the task, individual, load and environment of any manual handling activity.