

MANUAL HANDLING TILE RISK ASSESSMENT



TILE is an acronym that aims to help you carry out a manual handling risk assessment. TILE prompts you to consider each essential area of the activity in order to improve health and safety. In terms of manual handling, the TILE acronym stands for Task, Individual, Load, and Environment:

T – Task. This means considering the manual handling activity itself, i.e. the lifting, lowering, carrying, pushing or pulling, and looking at how it may affect your health and safety. For example, does the task involve repetitive movements, strenuous movements, long distances, or uneven weight distribution?

I – Individual. This means considering the person who will be carrying out the manual handling activity, i.e. you or another colleague. For example, how strong, fit or able is the person? Are they capable of manual handling alone? Do they need assistance?

E – Environment. This means considering the area in which the load is being moved, and looking at how this could make the manual handling task unsafe. For example, are there any space constraints? Is the floor slippery or uneven? Is there sufficient lighting? Are there any trip hazards?

L – Load. This means considering the object or person that is being moved, and looking at how this may affect health and safety. For example, is the load particularly heavy, bulky, hard to grasp or unstable?

