

## Health and safety risk assessment checklist

### Goods transport

When answering these questions, you should consider whether there are any factors in your working environment that impact absenteeism due to sickness in your workplace. If you identify any health and safety problems that can contribute to absenteeism due to sickness (e.g. occupational accidents), you should include them in your considerations when prioritising and drawing up an action plan.

#### Falling and stumbling

Yes No

Is there a risk of employees falling or stumbling over clutter, goods, etc. on the ramp to the warehouse or on the truck bed, or due to slippery surfaces on the truck bed or in the parking lot?

#### Fall to lower level

Yes No

Is there a risk of employees falling from transport vehicles or ladders?

#### Acute and excessive physical strain

Yes No

Is there a risk of employees acutely overloading their bodies, e.g. when lifting, pulling or pushing goods, heavy spare parts, etc. from the workshop?

#### Internal traffic

Yes No

Is there a risk of employees getting hit or squeezed by trucks, cranes, vans, etc. when working in the warehouse or parking lot?

#### Poor working postures

Yes No

Do employees work in a stooped position, on their knees or in other poor working postures, sit down for most of the working day or stand/walk for many hours at a time?

#### Repetitive and physically demanding work

Yes No

Do employees strain their bodies in the same way over long periods, e.g. due to working in fixed postures in the driver's cab or holding a tool/instrument in the same position for long periods?

#### Heavy lifting

Yes No

Do employees lift heavy packages, loosely packaged goods or other heavy items?

#### Pulling and pushing

Yes No

Do employees exert a lot of physical effort when pulling or pushing manual pallet trucks, sack trucks, cages or other technical equipment?

#### Indoor climate

Yes No

Is there a bad indoor climate in the workplace?

#### Large workload, time pressure and unclear requirements

Yes No

Are employees often too busy or assigned too many tasks in the enterprise/company?

#### Help and support from management and colleagues

Yes No

Do employees need help and support from management and colleagues?

**Violence and threats**

Yes No

Are employees at risk of being subjected to violence or threats from customers/clients during or outside of working hours?

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**Bullying/harassment**

Yes No

Is anyone in the workplace being subjected to bullying/harassment?

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**Loud noise**

Yes No

Do employees work with angle grinders or other very noisy machines?

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**Dust, gases and smoke**

Yes No

Is there a risk of employees being exposed to exhaust fumes from petrol or diesel engines at work?

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**Infection risk**

Yes No

Are employees at risk of getting infections or respiratory distress when transporting animals?

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