



MANUAL HANDLING ASSESSMENT

Manual handling task and location Pulling cables			Reference number: M3
Assessor Name: David Walsh	Date of assessment: 16/04/2025	Personnel involved in task: Mealey employees and sub-contractors	
Load weight: There is varying weights up to 250kg	Carrying distance: No carrying the drum is rolled to location.	Frequency of: <ul style="list-style-type: none"> • lift: • Operation: 	Push/pulling: Distance: <ul style="list-style-type: none"> • Pushing the drum maximum 20 meters. pulling cable upto 200 metres. Weight: Maximum weight 250kg pushing and pulling reducing as pulling through.

Operations covered by this assessment (Detailed description)



Super rod cable jack is used to pulling through light weight cables twin and earths cables are not included within this assessment due to the light weight.

Cable jacks are used to pulling through SWA cables from 10m upwards. When using these jacks they must be positioned in a safe area to avoid accidental roll off and no one to be immediately in front of the drum when pulling in case rolling off. Drums must be kept a minimum of 3m away from cable pits.

The bar is placed through the drum and then raised to suit height of the drum by turning the sprockets with a bar.

When pulling through ducting or on containment appropriate PPE must be used as per the RAMs with one person at the rear of the drum instructing when to pull and guiding the drum. Number of persons required to assist in the pull will be identified per cable pull.



Section 1 Lifting and carrying						
Ref no	Hazard detail	Risk rating				Additional control measures
		Green	Amber	Red	Purple	
1	Lifting loads weight/frequency					No applicable a drums are not carried.
2	Carrying loads weight/frequency					No applicable a drums are not carried.
3	Hand distance from the lower back					No applicable a drums are not carried.
4	Vertical lift region		x			If the drum needs lifting onto jacks for the smaller cable drums.
5	Torso twisting and sideways bending		x			When pulling the cable through ducts or onto trays that will take the weight.
6	Asymmetrical torso and load carrying		x			This relates to when pulling the cable through.

7	Postural constraints		x			This is amber as the operatives will have to adopy there postures when pulling through the cable
8	Grip on the load			X		The operator grips the cable with their hands to pull through.
9	Floor surface		X			This is amber to reflect the differing surfaces that may be on site.
10	Other environmental factors			X		This reflects the changes that may be on site.
11	Carrying distance					The drums will not be carried and only rolled.
12	Obstacles en route		x			This is amber as the drum is rolled, but not up stairs or steps.
13	Personal protective equipment (PPE)	x				PPE provided as follows: <ul style="list-style-type: none"> • footwear that are toe protectors, slip resistant, anti-static and mid soles. • Cut resistant gloves • Hard hats with chin straps being used • Hi-viz top Along with any additional PPE required by the site or working area.
14	Training	x				Trained annual in manual handling practices.
15	Individual capabilities	X				Any persons with health issues with manual handling are assessed, along with young person assessments for any employee under 18 years old.
16	Women of child bearing age	No new or expectance mothers to carryout this activity without approval from managers and occupational health.				
17	Psychosocial factors	x				

Section 2 team lifting						
18	Load weight	x				The pull through will be within a team with the person at the drum end controlling the pull.
19	Hand distance from lower back					N/A
20	Vertical lift region		x			
21	Torso twisting and sideways bending		x			
22	Communication and co-ordination	x				This will be discussed and briefed out by the supervisor before the cable pulling starts.
Section 3 pushing and pulling						
23	Pushing or pulling of a load	Is a full pushing and pulling assessment needed (YES) (If yes complete below)				
Task general information:						
24	Initial force to get the load moving		X			The drum will need a small amount of force to start the momentum of the move.
25	Force to keep the load in motion		x			
26	Working pattern	x				
27	Floor condition	x				
28	Obstacles on route		x			
Loads on wheeled equipment						
Place the colour rating into the relevant column.		Small equipment	Medium equipment	Large equipment	Additional control measures	
29	Type of equipment and load weight					
30	Posture					
31	Hand grip					
32	Travel distance					
33	Condition of equipment					

34	Other factors				
Loads without wheels					
Place the colour rating into the relevant column.		Rolling	Churning	Dragging, hauling or sliding	Additional control measures
35	Activity and load weight	Green		Green	The rolling is moving the drum into position and the dragging is pulling the cable through.
36	Posture	Green		Green	
37	Hand grip	Green		Green	
38	Travel distance	Green		Red	
39	Other factors		Amber		Other factors will be identified by the supervisor before work commences.
40	Is a repetitive tasks assessment needed (ART)? (NO) Pulling cable through is for short periods of time occasional but not a daily activity. (If yes date completed and reference number:.....)				

Action plan					
Ref no	Action required	Priority	Date action required by	Who is to take action	Completion date and signature

Assessors signature	Review Date	Managers name	Signature	Date
	16/04/2025	Patrick Mealey		16/04/2026

