



Combined Risk Assessments - Manual Tasks (Hairdressing)

<p>Organisation: Small hairdressing business 5 tasks: Washing, Cutting, Blow Drying, Hair Rolling, Colouring Number of workers exposed: 5 workers</p> <p>STEP 1. RISK IDENTIFICATION</p>			
DIRECT RISK FACTORS			
WORK AREA DESIGN	WORKING POSTURES	REPETITION AND DURATION	FORCEFUL EXERTIONS
<ul style="list-style-type: none"> Height and position of wash basin requires bent and twisted back and bent neck postures. Arms are often above shoulder height and away from body when blow drying, cutting, rolling and washing hair. Wrist is bent during most tasks. Workers are standing most of the day, that is more than 2 hours. 	<ul style="list-style-type: none"> Similar tasks with similar physical demands are performed repetitively 	<ul style="list-style-type: none"> Client chairs are not adjustable. The height of the client determines whether the worker has to raise arms above a comfortable height or bend back or neck. These positions require greater effort and quickly lead to fatigue. 	<ul style="list-style-type: none"> Not applicable
TOOL USE	NATURE OF LOADS	LOAD HANDLING	WORK ORGANISATION
<ul style="list-style-type: none"> Bent wrist/arm postures are observed when the hair dryer is not held comfortably. Scissors cause the wrist to be held bent. Pinch grip is used when using scissors 	<ul style="list-style-type: none"> Not applicable 	<ul style="list-style-type: none"> Not applicable 	<ul style="list-style-type: none"> Not applicable
INDIVIDUAL FACTORS	POTENTIAL CONSEQUENCES	LONG TERM	
<ul style="list-style-type: none"> No training has been provided in preferred working postures. High heels are often worn causing increased stress to lower back and calves. 	<ul style="list-style-type: none"> Muscle fatigue Back pain from excessive bending, reaching, twisting and prolonged standing Neck pain from excessive bending Shoulder and arm pain from excessive working above shoulder height and away from body Forearm and wrist pain from forceful gripping and excessive bending. 	<ul style="list-style-type: none"> Workers provide own scissors which may not be the most appropriate. 	<ul style="list-style-type: none"> Not applicable
		SHORT TERM	
		<ul style="list-style-type: none"> Inflammation of joints and tendons Cumulative damage to hands and wrists Cumulative damage to spine and muscles 	