

## Health and safety risk assessment checklist

### Construction and demolition of buildings

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.

#### Fall to lower level

Yes No

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

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#### Falling and stumbling

Yes No

Is there a risk of employees falling or stumbling over things that have not been cleared away in work areas and passageways, or due to slippery outdoor surfaces?

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#### Acute and excessive physical load

Yes No

Is there a risk of employees acutely overloading their bodies when lifting, pulling or pushing windows, radiators, toilets, hot water tanks or other heavy materials on the building site/worksite?

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#### Accidents involving handheld tools and machinery

Yes No

Is there a risk of employees cutting themselves or getting their fingers caught in something when working with handheld tools such as box cutters, drilling machines and angle grinders?

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#### Internal traffic

Yes No

Is there a risk of employees getting hit or squeezed by cranes, vans or telescopic loaders on the building site/worksite?

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#### Poor working postures

Yes No

Do employees work in a stooped position, with raised arms, squatting, on their knees or in other poor working postures, e.g. when breaking down partitions or removing floor tiles?

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#### 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 while removing wall tiles or floors?

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#### Heavy lifting

Yes No

Do employees lift doors, windows, radiators, toilets, hot water tanks or other heavy building materials?

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#### Pulling and pushing

Yes No

Do employees exert a lot of physical effort when pulling or pushing wheelbarrows, small barrows, lifting trucks with building materials, etc.?

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

Yes No

Are employees often too busy or assigned too many tasks in the workplace?

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#### Help and support from management and colleagues

Yes No

Do employees need help and support from management and colleagues?

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**Offensive behaviour**

Yes No

Has anybody at the workplace been subjected to bullying, sexual harassment, discrimination or any other offensive acts by management or their colleagues?

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 **Psychological first aid**

Yes No

Is it unclear whether employees will receive psychological first aid if they fall victim to or witness a serious accident?

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 **Loud noise**

Yes No

Do employees work with cutting machines, chisel hammers, angle grinders or other very noisy machines?

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 **Hand-arm vibrations**

Yes No

Do employees get tingly or numb fingers when working with highly vibrating tools such as electric, air- or petrol-powered handheld tools?

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 **Hazardous substances and materials**

Yes No

Do employees work with hazard-labelled products such as glue, sealant, cement and bitumen products?

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 **Dust, gases and smoke**

Yes No

Is there a risk of employees being exposed to quartz dust from concrete, wood dust, asbestos or other hazardous air pollution such as PCB from old window joints?

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