

# Risk Assessment – Manual Handling

Updated - 14.02.18

<b>Required Instructor Competence</b>	N/A
<b>Ratios</b>	N/A

Manual handling is one of the biggest causes of injury in the workplace.

<b>Common Hazards</b>	<b>Who is at risk?</b>	<b>Example Causes</b>	<b>Control Measures</b>
<b>Kayak lifting</b>	Staff & Clients	<ul style="list-style-type: none"> <li>• Loading trailer</li> <li>• Moving boats up the beach</li> <li>• Lifting up stairs</li> </ul>	<ul style="list-style-type: none"> <li>• Manual handling principles must be adhered to.</li> <li>• Ask for help, don't struggle alone.</li> <li>• Plan your route.</li> <li>• Training must be given to those assisting with the trailer.</li> </ul>
<b>Wetsuits at the beginning and end of day.</b>	Staff	<ul style="list-style-type: none"> <li>• Carrying too many</li> <li>• Washing wetsuits in bath</li> </ul>	<ul style="list-style-type: none"> <li>• Manual handling principles must be adhered to.</li> <li>• than is reasonable for your strength.</li> <li>• Prevent vulnerable position when washing wetsuits.</li> </ul>
<b>Standing in the van</b>	Staff	<ul style="list-style-type: none"> <li>• Lifting equipment to the back of the van in a vulnerable position.</li> </ul>	<ul style="list-style-type: none"> <li>• Manual handling principles must be adhered to.</li> <li>• Kneel down and prevent twisting of body.</li> </ul>
<b>Raft Build Barrells</b>	Staff & Clients	<ul style="list-style-type: none"> <li>• Moving up the stairs &amp; beach</li> </ul>	<ul style="list-style-type: none"> <li>• Manual handling principles must be adhered to.</li> <li>• Use multiple people to lift barrels.</li> <li>• Prevent hyperextension by leaning backwards.</li> <li>• Ask for help.</li> <li>• Plan your route.</li> </ul>
<b>Other</b>	Staff & Clients	<ul style="list-style-type: none"> <li>• Any situation where people are exposed to lifting</li> </ul>	<ul style="list-style-type: none"> <li>• Manual handling training must be adhered to.</li> <li>• Additional support can be found at <a href="http://www.hse.gov.uk/pubns/indg143.pdf">http://www.hse.gov.uk/pubns/indg143.pdf</a></li> </ul>

## **Risk Assessment – Manual Handling**

**N.B. This Risk Assessment in no way negates the need for continual dynamic risk assessment**