



**Risk Assessment - Handling & Lifting Heavy Objects**

Reference No: CON-44519-56  
 Version No: 2  
 Assessment Approver: Kevin Jarvis

Department: Construction and Maintenance  
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 Lead Assessor: Chris Helm  
 Team: Jim Hitchen & Kevin Jarvis

**Handling & Lifting heavy objects**

| Type              | Hazard Cause   | Persons Affected   | Control Measures   | L S T Overall  | Additional Control Measures   | L S T Overall  | Owner/Action |
|-------------------|--|--------------------|--|--|---|--|--------------|
| Health and Safety | Personal injury or structural damage<br>Lifting, crush or strain injuries or cuts and abrasions. | Volunteers & Staff | 1) CRITICAL - Substitution: Use mechanical lifting aids where appropriate such as fork lift trucks, trolleys and sack trucks. - Effective<br>2) CRITICAL - Engineering: For slabs use vacuum lifts and rollers - Effective<br>3) CRITICAL - Administrative: Ensure that the weight of the item being lifted is known and that it is within the individuals capability. - Effective<br>4) CRITICAL - Administrative: Keep hands and feet away from pinch points. - Effective<br>5) CRITICAL - Administrative: Follow the guidance in the GWSR Safety Handbook. - Effective<br>6) CRITICAL - Administrative: Ensure that underfoot conditions are good and that there are no trip hazards. - Effective<br>7) CRITICAL - Administrative: Ensure that lighting is adequate around the tasks to be carried out. - Effective<br>8) CRITICAL - PPE: Wear gloves, overalls and safety footwear - Effective | 2 x 2 = 4<br>Low - Risk to be monitored to ensure it remains adequately controlled to an acceptable level. | 1) Administrative: Consider splitting loads into smaller more manageable sizes. - Effective<br>2) Administrative: Take breaks so as not to become fatigued. - Effective<br>3) Administrative: Staff to undertake manual handling training - Effective<br>4) PPE: Wear a hard hat if lifting operations are above workers. - Effective | 2 x 2 = 4<br>Low - Risk to be monitored to ensure it remains adequately controlled to an acceptable level. | n/a          |

**Score and Control Measure Notes.**

Low risk due to tasks involved and experience.  
 Risk remains low.

**COSHH Assessments**

There are no COSHH assessments associated with this risk assessment.  
 Ends