



Gloucestershire Warwickshire Steam Railway Plc
Risk Assessment for Manual Handling in C&W - Carriage and Wagon

Risk Assessment - Manual Handling in C&W

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 Assessment Approver: Kevin 'Kev' Jarvis

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Moving large and/or heavy objects about generally.

Type	Hazard Cause	Persons Affected	Control Measures	L S T Overall	Additional Control Measures	L S T Overall	Owner/Action
Health and Safety	Fracture of Leg, Arm or other Bone Heavy load falling onto a part of someone's body or a slip or fall from height.	Volunteers & Staff	1) CRITICAL - Substitution: Lifting tackle is always used to support and lift very heavy objects. - Effective 2) CRITICAL - Engineering: Loads are always broken down into smaller lighter ones. - Effective 3) CRITICAL - Administrative: The appropriate number of persons are employed for the task in hand. - Effective 4) CRITICAL - Administrative: Difficult jobs are always carefully planned so that the safest lifting method can be employed. - Effective 5) CRITICAL - Administrative: Rest periods are built into the working day so that volunteers do not become fatigued. - Effective 6) CRITICAL - Administrative: Ensure that lifting gear is sufficient for the load, is inspected and in ticket. - Effective 7) CRITICAL - PPE: Appropriate body protection is always employed when manual handling heavy and/or bulky items. - Effective 8) CRITICAL - PPE: Safety footwear to be worn. - Effective	2 x 4 = 8 Medium - Risk to be minimised and controlled so far as is reasonably practical.	1) Administrative: Consider running a manual handling training course - Effective	1 x 4 = 4 Low - Risk to be monitored to ensure it remains adequately controlled to an acceptable level.	n/a
Health and Safety	Crushing Injury to Body The fall of a heavy load onto someone due to bad lifting technique, or possibly fatigue.	Volunteers & Staff	1) CRITICAL - Substitution: Lifting tackle is always used to support and lift very heavy objects. - Effective 2) CRITICAL - Engineering: Loads are always broken down into smaller lighter ones. - Effective 3) CRITICAL - Administrative: The appropriate number of persons are employed for the task in hand. - Effective 4) CRITICAL - Administrative: Difficult jobs are always carefully planned so that the safest lifting method can be employed. - Effective 5) CRITICAL - Administrative: Rest periods are built into the working day so that volunteers do not become fatigued. - Effective 6) CRITICAL - Administrative: Appropriate body protection is always employed when manual handling heavy and/or bulky items. - Effective 7) CRITICAL - Administrative: Pinch points to be identified and eliminated. - Effective	2 x 4 = 8 Medium - Risk to be minimised and controlled so far as is reasonably practical.	1) Administrative: Consider running a manual handling training course. - Effective	1 x 4 = 4 Low - Risk to be monitored to ensure it remains adequately controlled to an acceptable level.	n/a
Health and Safety	Cuts and Bruises to Limbs and/or Body Limb or body entrapment due to incorrect lifting technique	Volunteers & Staff	1) CRITICAL - Engineering: Lighting is always used when working in areas of darkness, such as beneath coaches. - Effective 2) CRITICAL - Engineering: Potential Obstructions are generally removed to reduce the risk of accidents - Effective 3) CRITICAL - Administrative: Personnel are extremely careful when handling potentially rough/sharp items in confined spaces. - Effective 4) CRITICAL - PPE: Gloves and Boots are always worn when manual handling - Effective	3 x 2 = 6 Medium - Risk to be minimised and controlled so far as is reasonably practical.	1) Administrative: Consider running a manual handling training course - Effective	2 x 3 = 6 Medium - Risk to be minimised and controlled so far as is reasonably practical.	n/a
Health and Safety	Back Injuries Lifting something too heavy, or employing insufficient numbers of persons on the lift.	Volunteers & Staff	1) CRITICAL - Substitution: Lifting tackle is always used in preference to manual lifting etc. - Effective 2) CRITICAL - Administrative: Avoid lifting items that are too heavy and/or bulky - Effective 3) CRITICAL - Administrative: Personnel with pre-existing back injuries do not get involved with heavy manual handling operations. - Effective	2 x 3 = 6 Medium - Risk to be minimised and controlled so far as is reasonably practical.	1) Administrative: Consider training staff in Manual Handling Techniques - Effective	2 x 3 = 6 Medium - Risk to be minimised and controlled so far as is reasonably practical.	n/a



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Health and Safety	Limb Joint Dislocations Lifting something too heavy, incorrect lifting technique or fatigue.	Volunteers & Staff	1) CRITICAL - Administrative: To reduce the risk of this type of injury, volunteers are careful to follow the recommendations for lifting, pushing or pulling heavy loads - Effective 2) CRITICAL - Administrative: Volunteers are careful not to become fatigued - Effective	2 x 3 = 6 Medium - Risk to be minimised and controlled so far as is reasonably practical.	1) Administrative: Consider training staff in Manual Handling Techniques - Effective	2 x 3 = 6 Medium - Risk to be minimised and controlled so far as is reasonably practical.	n/a
Health and Safety	Miscellaneous Strains and Sprains Pushing, pulling, twisting or reaching too far with bad posture, and/or repetitive use of the same muscles over and over again.	Volunteers & Staff	1) CRITICAL - Administrative: Use correct body posture when lifting, pushing or pulling and be aware not to repeatedly do the same task - Effective	3 x 2 = 6 Medium - Risk to be minimised and controlled so far as is reasonably practical.	1) Administrative: Consider training staff in Manual Handling Techniques - Effective	3 x 2 = 6 Medium - Risk to be minimised and controlled so far as is reasonably practical.	n/a
Health and Safety	Slipping, Tripping or Otherwise Falling Over. Inattention, fatigue, and/or using a bad lifting technique.	Volunteers & Staff	1) CRITICAL - Administrative: Control measures are given in the "Slips, Trips & Falls" RA as listed below under "Reference Documents" - Effective	4 x 2 = 8 Medium - Risk to be minimised and controlled so far as is reasonably practical.	1) Administrative: Consider running a training course on Manual Handling - Effective	3 x 2 = 6 Medium - Risk to be minimised and controlled so far as is reasonably practical.	n/a

COSHH Assessments

There are no COSHH assessments associated with this risk assessment.

Ends