

# Risk Assessment – Manual Handling



<b>Reviewed Date</b>	01/03/2022
<b>Next Review Date</b>	01/03/2023
<b>Manager Name</b>	Alex Mortimer
<b>T/A(Name &amp; Date)</b>	If appropriate

<b>Identified 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>- Don't carry more than is reasonable for your strength.</li> <li>- Prevent vulnerable positions 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 the body.</li> </ul>
<b>Raft Build Barrels</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> </ul>

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			<ul style="list-style-type: none"><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>

This risk assessment in no way negates the need for continual dynamic risk assessment on session.

You must report incidents or near misses using company procedures.

If you have any concerns or questions about the risk assessment speak to your manager.