

RAMSGATE AND DISTRICT MODEL ENGINEERING CLUB

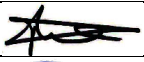

RISK ASSESSMENT

| | | | |
|------------------|-----------------|-----------|---|
| Assessment No.: | RA05 | Issue No. | 3 |
| Activity: | Manual Handling | | |
| Persons at risk: | Club Members. | | |

| Key | | | | | | | | |
|--------------------|--|---|----|---------------------------|----|--------------------------|--------------------------|---|
| L: Likelihood | 5 | 5 | 10 | 15 | 20 | 25 | High-risk: 15-25 | High-risk activities should cease immediately. Further effective control measures to mitigate risks must be introduced. |
| | 4 | 4 | 8 | 12 | 16 | 20 | | |
| | 3 | 3 | 6 | 9 | 12 | 15 | Medium-risk: 8-12 | Medium-risks should only be tolerated for the short-term, whilst further control measures to mitigate the risks are being planned and introduced. |
| | 2 | 2 | 4 | 6 | 8 | 10 | | |
| | 1 | 1 | 2 | 3 | 4 | 5 | Low-risk: 1-6 | Low-risks are largely acceptable. Where it is reasonable to do so, efforts should be made to reduce risks further. |
| | | 1 | 2 | 3 | 4 | 5 | | |
| S: Severity | | | | DR: Degree of risk | | RR: Residual risk | | |
| Guidance. | <ol style="list-style-type: none"> 1. Identify the persons at risk and the significant hazards. 2. Calculate an initial RR for the activity. 3. Identify risk control measures that reduce the risks to an acceptable level. 4. Calculate a revised RR – assuming the control measures are followed. (Consider changing both the likelihood (L) and the severity (S) ratings.) | | | | | | | |

| Significant Hazards | Initial | | |
|--|---------|---|-------------|
| | L | S | DR L x S |
| Risk of injury from lifting, or attempting to lift heavy loads that exceed the recommended safe lift limit or capability of the person carrying out the lifting. Dropping the lifted item causing injury to other persons | 3 | 5 | 15 |

| Risk Control Measures | Residual | | |
|--|----------|---|-------------|
| | L | S | RR L x S |
| Locomotives, traction engines, rolling stock and infrastructure items are inherently heavy. Club members are responsible for their own safety and should not attempt to lift anything that could cause themselves or others an injury. The recommended maximum weight men should lift is 25kg and for women 16Kg. Whenever possible, manual lifting should be avoided – where available, use a mechanical aid to lift or carry the load. The Club has a Hydraulic lifter to raise and lower locomotives to trailer, or car boot, height. If there is no alternative to manual handling, then club members must ask for assistance, rather than putting themselves at risk attempting to lift heavy loads. Remember to keep the load close to the body and lift by bending the knees, keeping the back straight. Plan the lift ensure any route that the item is to be carried is clear of obstructions. | 2 | 3 | 6 |

| | | | | | |
|---------------------------------|---|--------|----------------|-------|------------|
| Authorised By – Safety Officer: |  | Print: | Peter Wilson | Date: | 04-01-2024 |
| Annual Review By: |  | | Duncan Edwards | | 17-03-2025 |
| Annual Review By: | | | | | |
| Annual Review By: | | | | | |
| Annual Review By: | | | | | |