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| If control measures aren’t implemented and effective  it is rated  **MEDIUM RISK** (25): Severity(5) x Likelihood(5) |

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| Groups at risk  • All club members  • Persons in the vicinity | Hazards  • Manual handling injuries  • Obstacles on the floor  • Slips and trips  • Manual handling injuries  • Impact injury from  dropped items | Practices resulting in hazards  • Carrying loads with one arm |

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| Control Measures  • Manual handling training personnel.  • Lifting loads in this manner should be avoided.  • If it cannot, try to divide the load so each arm lifts the same or similar weight so the body is not  pulled to one side.  • Brace the body with the other arm and reach for the load, bending the knees and not the back.  • Grasp the load firmly, using a handle if possible.  • Lift using the legs, extending the free arm out from the body for balance.  • Keep the shoulders level so the back is not arching.  • Switch the load between each arm at regular intervals so you do not overstrain on one side. |

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| **After Control Measures:** Severity(5 ) x Likelihood(2 )  LOW RISK(10 ) |

Responsible Person: T P Aston. Responsible Person Signature: Tim Aston

Date 03 December 2021 – To be reviewed annually.

Review Date:

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| 08 Nov 22 - TA |  |  |
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