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| If control measures aren’t implemented and effectiveit 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 fromdropped 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 notpulled 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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