

# Risborough & District Model Railway Club

Founded 1971                      President – Tim Peacock

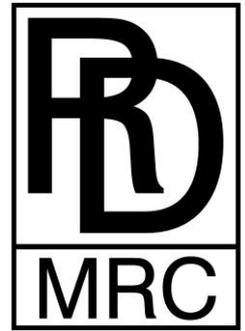
Registered Charity No. 1173659

Clubroom - Princes Risborough Community Centre

[www.rdmrc.org.uk](http://www.rdmrc.org.uk) / [www.railex.org.uk](http://www.railex.org.uk)

Affiliated to The Model Railway Club

Member of the Chiltern Model Railway Association



## Risk Assessment – Manual Handling General

Manual handling is any activity that requires an individual to lift, move or support a load.

At the club this will include activities such as:

Moving layouts

Setting out and putting away tables and chairs

Shifting boxes of magazines

Moving exhibition barriers (see separate risk assessment)

Constructing display stands

There are some basic principles that everyone should observe prior to carrying out a manual handling operation:

- ensure that the object is light enough to lift, is stable and unlikely to shift or move
- heavy or awkward loads should be moved using a handling aid
- make sure the route is clear of obstructions
- make sure there is somewhere to put the load down wherever it is to be moved to
- stand as close to the load as possible, and spread your feet to shoulder width
- bend your knees and try and keep the back's natural, upright posture
- grasp the load firmly as close to the body as you can
- use the legs to lift the load in a smooth motion as this offers more leverage reducing the strain on your back
- carry the load close to the body with the elbows tucked into the body
- avoid twisting the body as much as possible by turning your feet to position yourself with the load.

Further information is available on the club website

7/4/18

Paul Wright

Revision 1