

Risk Assessment	The Academy of Gymnastics Ltd
Activity	General Manual Handling

Assessor	Jeff Kincaid	Location of Assessment	Gymnastics Academy
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Manual Handling Details	
Weight	< 25 kg
Distance	< 4m
Frequency	5 times per shift

Risk Rating Matrix (RR)	Likelihood (L)		
	Severity (S)	Certain or near certain to occur (High)	Reasonably likely to occur (Medium)
Fatality; major injury or illness causing long term disability (High)	HIGH (H)	HIGH (H)	MEDIUM (M)
Injury or illness causing short term disability (Medium)	HIGH (H)	MEDIUM (M)	LOW (L)
Other injury or illness (Low)	MEDIUM (M)	LOW (L)	LOW (L)

Hazards	Who is at risk?	Controls in place	L	S	RR
Environment: Variations in level	<ul style="list-style-type: none"> Employees/Staff Public Young Persons Volunteer Workers 	<ul style="list-style-type: none"> Staff to consider the hierarchy of measures before considering to move any heavy or oversized object; 1. avoid hazardous manual handling operations, 'so far as reasonably practicable';* 2. assess the risk of injury to workers from any hazardous manual handling that can't be avoided; 3. reduce the risk of injury to workers from hazardous manual handling to as low as reasonably practicable. All staff to be aware of the HSE Manual Handling Operations Regs 1992. https://www.hse.gov.uk/pubns/books/l23.htm All employees should be trained in H&S Manual Handling techniques, but where this is not possible, to be supervised and given dynamic guidance by a member of staff who is. https://www.hse.gov.uk/pubns/indg143.PDF The route for movement of any heavy or oversized item is planned before the equipment is lifted or moved. Assistance should always be sought from other staff members before attempting to move any heavy or oversized object 	L	M	Low

Hazards	Who is at risk?	Controls in place	L	S	RR
Load: Bulky/Unwieldy	<ul style="list-style-type: none"> • Employees/Staff • Volunteer Workers • Young Persons 	<ul style="list-style-type: none"> • Staff to consider the hierarchy of measures before considering to move any heavy or oversized object; 1. avoid hazardous manual handling operations, 'so far as reasonably practicable';* 2. assess the risk of injury to workers from any hazardous manual handling that can't be avoided; 3. reduce the risk of injury to workers from hazardous manual handling to as low as reasonably practicable. • Staff should assess the load before commencing any movement and assistance sought from other staff members where possible. • Consider if the load can be dismantled before moving. 	L	L	Low
Load: Difficult to grasp	<ul style="list-style-type: none"> • Employees/Staff • Volunteer Workers • Young Persons 	<ul style="list-style-type: none"> • Staff to consider the hierarchy of measures before considering to move any heavy or oversized object; 1. avoid hazardous manual handling operations, 'so far as reasonably practicable';* 2. assess the risk of injury to workers from any hazardous manual handling that can't be avoided; 3. reduce the risk of injury to workers from hazardous manual handling to as low as reasonably practicable. • Staff should take regular breaks whilst moving the item. • Consider using a trolley or sack truck if available. 	M	L	Low

Hazard	Additional Control	Assigned to	Due Date	L	S	RR
(none)						

Date of Assessment	15/02/2023	Status	Complete
Re-assessment Date	15/02/2024	Signature	<i>Okud</i>