

Manual Handling Risk Assessment Control Sheets

Version one, dated September 2018

Important - The single page control sheets in this document are not risk assessments, they are a record of the controls derived from the risk assessment.

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Please contact Mike Carey, Head of Ergonomics with any queries Mike.CAREY@networkrail.co.uk

NR Ref no.	MHRAC Geismar AC1 Spike Puller	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

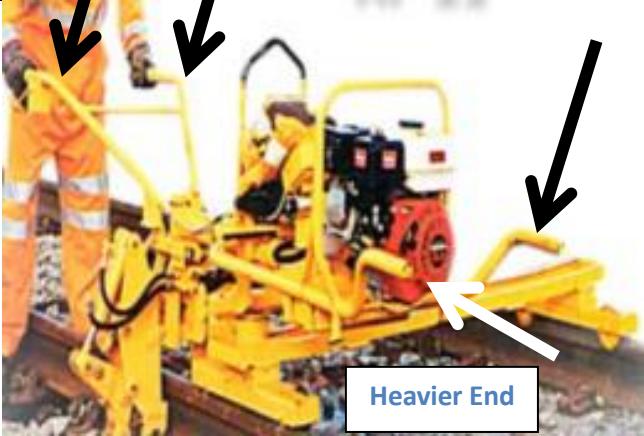
Model - Geismar AC1 Spike Puller	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 82Kg minimum of three persons for each section</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, lifting eye</p> <p>Are there lifting/moving/carrying aids available? – Yes, lifting eye for hoist</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution</p>
Product Acceptance number – Grandfather rights apply	

CONTROLS

PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
First option	<ul style="list-style-type: none"> Use forklift in depot and crane/hoist at site to handle kit i.e. transport the equipment mechanically to minimise manual handling
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance Must be lifted and carried over short distances e.g. 10 metres then rest Rotate task between competent personnel Assemble/disassemble with traverse trolley at site of work
Competence and capability	<ul style="list-style-type: none"> Pre-planned with a minimum of three persons always involved in the lift Plan a team lift based on individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> To be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc. where possible.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC Geismar API 1 Clipper	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

Model – Geismar AP11 Clipper	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 148Kg minimum of four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, four handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? – Yes, lifting eye for hoist</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution</p>
Product Acceptance number – Grandfather rights apply	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
First options	<ul style="list-style-type: none"> Use alternative equipment – Use the AP11 S6 lightweight version Use forklift in depot and crane/hoist at site to handle kit i.e. transport the equipment mechanically to minimise manual handling
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance Must be lifted and carried over short distances e.g. 5 metres then rest Rotate task between competent personnel
Competence and capability	<ul style="list-style-type: none"> Pre-planned with a minimum of four persons always involved in the lift Plan a team lift based on individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC Geismar API 1 S 6 Lightweight Clipper	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

Model - Geismar AP11 S 6 Lightweight Clipper	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 98Kg minimum of four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, four handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? - Yes, lifting eye</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution</p>
Product Acceptance number – PA05/02444	

CONTROLS

PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down stairs or on and off station platform edges
First option	<ul style="list-style-type: none"> Use forklift in depot and crane/hoist at site to handle kit i.e. transport the equipment mechanically to minimise manual handling
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance Must be lifted and carried over short distances e.g. 10 metres then rest Rotate task between competent personnel Assemble and disassemble transverse arm at site of work
Competence and capability	<ul style="list-style-type: none"> Pre-planned with a minimum of four persons always involved in the lift Plan a team lift based on individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

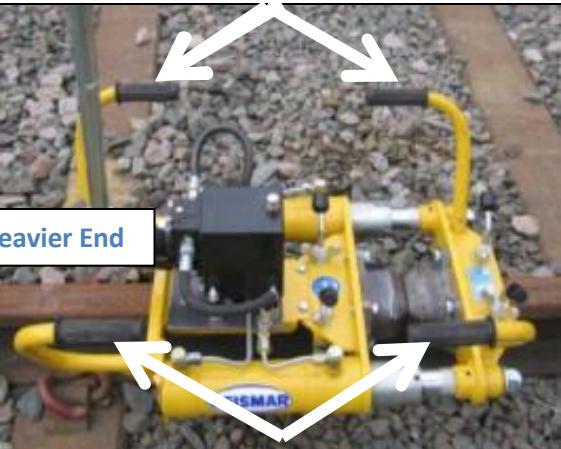
NR Ref no.	MHRAC Geismar AP21 Clipper	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

Model - Geismar AP21 Clipper	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 140Kg minimum of four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, four handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? - Yes, lifting eye</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution</p>
Product Acceptance number – Grandfather rights apply	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
First option	<ul style="list-style-type: none"> Use forklift in depot and crane/hoist at site to handle kit i.e. transport the equipment mechanically to minimise manual handling
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 10 metres then rest Where possible always use both hands to handle Rotate handling between competent personnel
Competence and capability	<ul style="list-style-type: none"> Pre-planned handling with a minimum of four persons always involved and one person in control of team Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height, to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC Geismar ESN 3H MkII Weld Shear	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - GEISMAR ESN 3H MKII VERTICAL GRINDER	
 <p>Heavier End</p>	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 58Kg – minimum two persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, two pairs of handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? – NO</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution</p>
<p>Product Acceptance number – PA05/03703</p>	

CONTROLS

PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 10 metres then rest Always use both hands to handle where possible Rotate handling between competent personnel
Competence and capability	<ul style="list-style-type: none"> Pre-planned handling with a minimum of two persons always involved and one person in control of team Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> To be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc. where possible.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height, to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

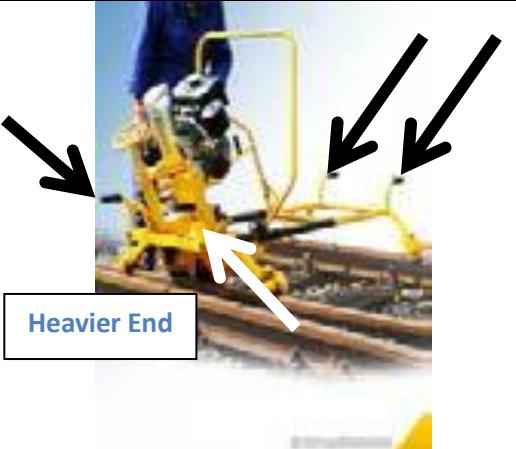
NR Ref no.	MHRAC Geismar JB40 Rail Bender	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - GEISMAR JB40 HORIZONTAL RAIL BENDER	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 58Kg – minimum two persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? - NO</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution</p>
Product Acceptance number – Grandfather rights apply	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance Must be lifted and carried over short distances e.g. 10 metres then rest Rotate task between competent personnel
Competence and capability	<ul style="list-style-type: none"> Pre-planned with a minimum of two persons always involved in the lift Plan a team lift based on individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> To be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc. where possible.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC Geismar MC3 Grinder	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - GEISMAR MC3 FROG & CHECK RAIL GRINDER	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 115 Kg – minimum four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, four handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? – YES, refer to options below</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution</p>
Product Acceptance number – PA05/03349	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
First option	<ul style="list-style-type: none"> Use in conjunction with MV3/MC3 transportation conversion wheels PA05/04336 Always use Spinner to turn grinder when on track
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 10 metres then rest Rotate handling between competent personnel Always use both hands to handle
Competence and capability	<ul style="list-style-type: none"> Pre-planned team handling with a minimum of four persons always involved and one person in control of team Plan a team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC Geismar MLC Grinder	
Assessment date	16 July 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - GEISMAR MLC GRINDER	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 106Kg Dry – minimum four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? - YES, refer to options below</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution</p>
Product Acceptance number – PA05/01131	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
First option	<ul style="list-style-type: none"> Use alternative equipment where available – Use the Geismar MV3 grinder Use in conjunction with MV3/MC3 transportation conversion wheels PA05/04336 Always use Spinner to turn grinder when on track
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 10 metres then rest Rotate handling between competent personnel Assemble/disassemble outrigger arm to MP12 where needed at site of work
Competence and capability	<ul style="list-style-type: none"> Pre-planned with a minimum of four persons always involved in the lift Plan a team lift based on individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC MPI2 Electric Grinder	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - GEISMAR MP12 ELECTRIC RAIL PROFILE GRINDER	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 66.5 Kg – minimum two persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, two handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? – NO</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handling points</p>
Product Acceptance number – PA05/01517	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
First option	<ul style="list-style-type: none"> Use alternative equipment – Use the Robel 13.49 grinder where available, which has been designed specifically to replace the MP12
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 10 metres then rest Rotate handling between competent personnel Assemble/disassemble outrigger arm to MP12 where needed at site of work
Competence and capability	<ul style="list-style-type: none"> Pre-planned team handling with a minimum of two persons and one person in control of the team. Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> To be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc. where possible.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC MPI2 Grinder (no anti-vibration)	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - GEISMAR MPI2 RAIL PROFILE GRINDER WITHOUT ANTIVIBRATION HANDLE	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 70 Kg Dry – minimum two persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, two handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? – NO</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handling points</p>
Product Acceptance number – PA05/01517	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> This equipment must not be used without anti-vibration handles fitted Not to be carried up or down staircases or on and off station platform edges
First option	<ul style="list-style-type: none"> Use alternative equipment – Use the Robel 13.49 grinder where available, which has been designed specifically to replace the MP12
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 10 metres then rest Rotate handling between competent personnel Assemble/disassemble outrigger arm to MP12 where needed at site of work
Competence and capability	<ul style="list-style-type: none"> Pre-planned team handling with a minimum of two persons and one person in control of the team. Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC MPI2 Grinder (with anti-vibration)	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - GEISMAR MPI2 RAIL PROFILE GRINDER WITH ANTI-VIBRATION HANDLE	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 70.7 Kg Dry – minimum two persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, two handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? – NO</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handling points</p>
Product Acceptance number – PA05/01517	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
First option	<ul style="list-style-type: none"> Use alternative equipment – Use the Robel 13.49 grinder where available, which has been designed specifically to replace the MP12
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 10 metres then rest Rotate handling between competent personnel Assemble/disassemble outrigger arm to MP12 where needed at site of work
Competence and capability	<ul style="list-style-type: none"> Pre-planned team handling with a minimum of two persons and one person in control of the team. Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC MP 23 Grinder	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - GEISMAR MP23 RAIL PROFILE GRINDER PETROL AND DIESEL

	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 104 Kg – minimum four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, four handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? – NO</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handles</p>
Product Acceptance number – PA05/02343	

CONTROLS

PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 5 metres then rest Where possible always use both hands to handle Rotate handling between competent personnel
Competence and capability	<ul style="list-style-type: none"> Pre-planned handling with a minimum of four persons always involved and one person in control of team Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

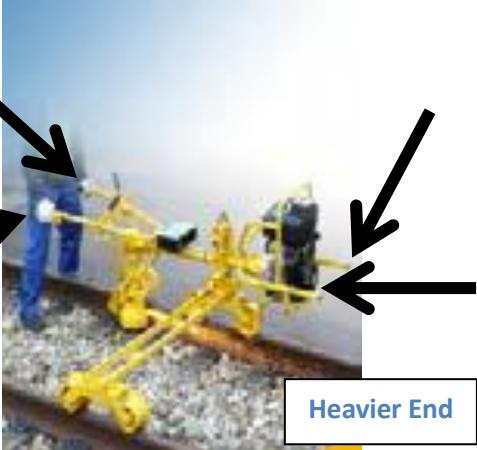
NR Ref no.	MHRAC Geismar MP 23 Grinder	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - GEISMAR MP23-9 HP RAIL PROFILE GRINDER	
 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Heavier End</div>	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 104 Kg – minimum four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, four handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? – NO</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handles</p>
Product Acceptance number – PA05/02343	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 5 metres then rest Where possible always use both hands to handle Rotate handling between competent personnel
Competence and capability	<ul style="list-style-type: none"> Pre-planned handling with a minimum of four persons always involved and one person in control of team Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC Geismar MS9 Grinder	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - GEISMAR MS9 RAIL WEB GRINDER	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 115 Kg – minimum four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, four handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? – Yes, lifting eye for hoist</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handles</p>
Product Acceptance number – PA05/03267	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
First Option	<ul style="list-style-type: none"> Lift with hoist, equipment fitted with lifting eye
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 5 metres then rest Where possible always use both hands to handle Rotate handling between competent personnel Assemble/disassemble outrigger arm at site of work
Competence and capability	<ul style="list-style-type: none"> Pre-planned team handling with a minimum of four persons always involved and one person in control of team Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC Geismar MV3 Grinder	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

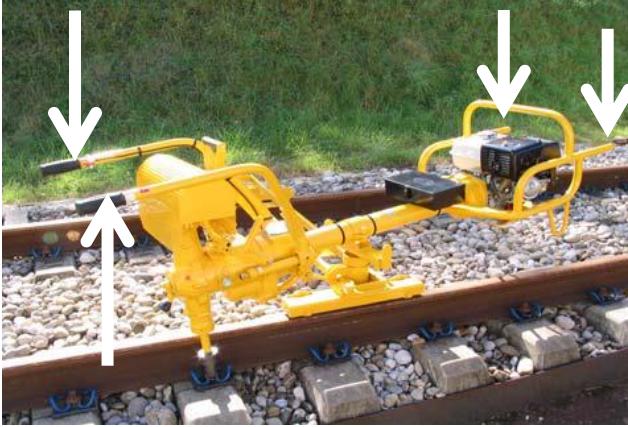
MODEL - GEISMAR MV3 VERTICAL GRINDER	
 <p>Heavier End</p>	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 132 Kg – minimum four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, four handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? Yes – see first option below</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handles</p>
Product Acceptance number – PA05/02344	

CONTROLS

PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
First option	<ul style="list-style-type: none"> Always use in conjunction with MV3/MC3 transportation conversion wheels PA05/04336 in depot, and wherever else possible to minimize manual handling Always use Spinner PA05/04336 to turn grinder when on track
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance Open gates, lock motor, and check handle sleeves for splits and wear before use Must only be lifted and carried over short distances e.g. 10 metres then rest Rotate handling between competent personnel Always use both hands to handle where possible
Competence and capability	<ul style="list-style-type: none"> Pre-planned team handling with a minimum of four persons always involved and one person in control of team Plan a team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

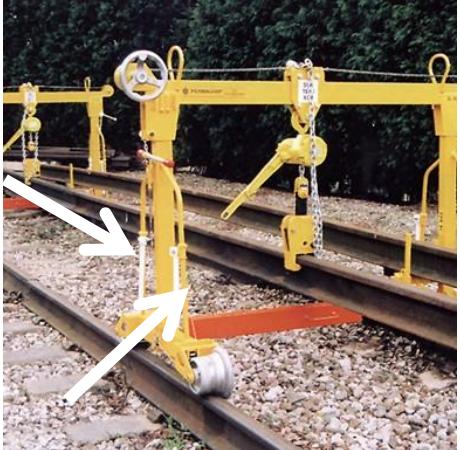
NR Ref no.	MHRAC Geismar TB2 Coach Screwing Machine	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

Model - Geismar TB2 Coach Screwing Machine	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: TB2 100Kg, trolley 37Kg, (total 137Kg) minimum of four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, four handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? - NO</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution</p>
Product Acceptance number – PA05/05611	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 10 metres then rest Always use both hands to handle where possible Rotate handling between competent personnel
Competence and capability	<ul style="list-style-type: none"> Pre-planned handling with a minimum of two persons always involved and one person in control of team Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height, to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC Permaquip Ironman (lightweight)	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - PERMAQUIP LIGHTWEIGHT IRONMAN	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: Assembled = 112Kg – minimum four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes</p> <p>Are there lifting/moving/carrying aids available? – NO</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handles</p>
Product acceptance number – PA05/05780	

CONTROLS

PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off platform edges
First option	<ul style="list-style-type: none"> Use RRV
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 5 metres then rest Rotate handling between competent personnel Assemble/disassemble at site of work
Competence and capability	<ul style="list-style-type: none"> Pre-planned handling with a minimum of four persons always involved and one person in control of the team Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> To be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc. where possible.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC Permaquip Stressing Half Set	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - PERMAQUIP STRESSING HALF SET	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: Jaw = 64.5kg Ram = 41.5kg Assembled = 275kg minimum two persons for each element greater than 26kg</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes</p> <p>Are there lifting/moving/carrying aids available? – Yes, refer to first option below</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handles</p>
Product Acceptance number – 0094/001196	
CONTROLS	
First option	<ul style="list-style-type: none"> Use forklift in depot and crane/hoist at site to handle kit in storage box (Lawton Tools 0111/105573) i.e. transport the equipment mechanically to minimise manual handling
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Assemble/disassemble at site of work and handle parts separately using both hands where possible Parts must only be lifted and carried over short distances e.g. 10 metres then rest Rotate handling between competent personnel
Competence and capability	<ul style="list-style-type: none"> Pre-planned handling with a minimum of two persons always involved and one person in control of team Plan team handling matching each individual's capabilities as the parts of this tool are awkward to hold and carry
Transportation	<ul style="list-style-type: none"> To be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc. where possible.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces within storage box
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC Robel 13.48 GX270 Grinder	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

Model - Robel 13.48 GX270 Petrol Grinder	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 113Kg minimum of four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, four handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? – Yes, lifting eye for hoist</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handles</p>
Product Acceptance number – PA05/05075	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
First option	<ul style="list-style-type: none"> Use alternative equipment – Use the Robel 13.49 grinder where available, which has been designed specifically to replace the 13.48 Lift with hoist, equipment fitted with lifting eye
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 5 metres then rest Where possible always use both hands to handle Rotate handling between competent personnel
Competence and capability	<ul style="list-style-type: none"> Pre-planned handling with a minimum of four persons always involved and one person in control of team Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC Robel 13.48/04 Grinder	
Assessment date	16 July 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

Model - Robel 13.48/04 Diesel Grinder	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 156Kg minimum of four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, four handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? – Yes, lifting eye for hoist</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handles</p>
Product Acceptance number – PA05/02594	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
First options	<ul style="list-style-type: none"> Use alternative equipment – Use the Robel 13.49 grinder where available, which has been designed specifically to replace the 13.48 Lift with hoist, equipment fitted with lifting eye
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Must only be lifted and carried over short distances e.g. 5 metres then rest Where possible always use both hands to handle Rotate handling between competent personnel
Competence and capability	<ul style="list-style-type: none"> Pre-planned handling with a minimum of four persons always involved and one person in control of team Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC Robel 13.6I S&C Grinder	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

Model - Robel 13.6I S&C Grinder	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 87.4Kg minimum of four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, four handles (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? – NO</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handles</p>
Product Acceptance number – PA05/02595	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance Must be lifted and carried over short distances e.g. 5 metres then rest Rotate task between competent personnel
Competence and capability	<ul style="list-style-type: none"> Pre-planned with a minimum of four persons always involved in the lift Plan a team lift based on individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces with adequate access to the sides, preferably between knee and elbow height to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

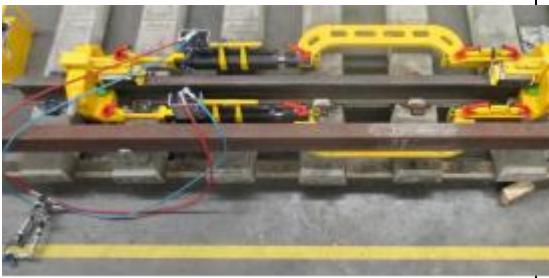
NR Ref no.	MHRAC Robel 24.70 Hydraulic Rail Stressor	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - ROBEL 24.70 HYDRAULIC RAIL STRESSOR (NON 3RD/4TH RAIL AREAS)		
		<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight:</p> <ul style="list-style-type: none"> • Hydraulic hand pump = 55kg • Power pack = 67kg • Heaviest component = 33kg • Total weight = 198kg <p>Minimum TWO persons for each part? greater than 26kg</p>
<p>Product Acceptance number</p> <p>PA05/06065</p>		<p>Are there carrying handles/lifting points attached to this equipment? – Yes</p> <p>Are there lifting/moving/carrying aids available? – Yes, refer to first option below</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handles</p>
CONTROLS		
First option	<ul style="list-style-type: none"> • Use forklift in depot and crane/hoist at site to handle kit in storage box (Lawton Tools 0111/105573) i.e. transport the equipment mechanically to minimise manual handling 	
Reduce exposure to risks	<ul style="list-style-type: none"> • Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle • Assemble/disassemble at site of work and handle parts separately using both hands where possible • Parts must only be lifted and carried over short distances e.g. 10 metres then rest • Rotate handling between competent personnel 	
Competence and capability	<ul style="list-style-type: none"> • Pre-planned handling with a minimum of two persons and one person in control of team • Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry 	
Storage	<ul style="list-style-type: none"> • To be stored on flat level surfaces within storage box 	
Transportation	<ul style="list-style-type: none"> • To be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc. where possible. 	
PPE	<ul style="list-style-type: none"> • PPE must include suitable gloves that maintain feel and grip of load 	
Additional Information	<ul style="list-style-type: none"> • Check labels on machine 	

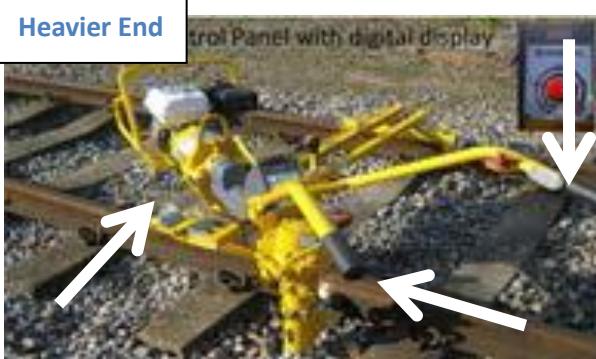
NR Ref no.	MHRAC Robel 24.70 Hydraulic Rail Stressor	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - ROBEL 24.70 HYDRAULIC RAIL STRESSOR (DC AREAS)		
	Handling Activity -- Loading and unloading from road vehicles and use on track	
	Weight: <ul style="list-style-type: none"> 2 clamping units (yoke), each 33kg, 2 hydraulic cylinders, each 26kg 4 lever arms with jaws, each 13kg 4 centering blocks (incl. spacer plates), each 3.5kg 2 working yokes (horse shoes), each 49kg 2 drawbars, each 400 Ø 100 10kg Minimum two persons for each part greater than 26kg	
CONTROLS		
First option	<ul style="list-style-type: none"> Use forklift in depot and crane/hoist at site to handle kit in storage box (Lawton Tools 0111/105573) i.e. transport the equipment mechanically to minimise manual handling 	
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance; open gates before you handle Assemble and disassemble at site of work and handle parts separately using both hands where possible Parts must only be lifted and carried over short distances e.g. 10 metres then rest Rotate handling between competent personnel Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance 	
Competence and capability	<ul style="list-style-type: none"> Pre-planned handling with a minimum of two persons and one person in control of team Plan team handling matching each individual's capabilities as this tool is awkward to hold and carry 	
Transportation	<ul style="list-style-type: none"> To be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc. where possible. 	
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces within storage box 	
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load 	
Additional Information	<ul style="list-style-type: none"> Check labels on machine 	

NR Ref no.	MHRAC Robel 30.82 Universal Power Wrench	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

MODEL - ROBEL 30.82 UNIVERSAL POWER WRENCH INCLUDING RKS (DIGITAL DISPLAY) VERSION	
	Handling Activity – Loading and unloading from road vehicles and use on track Weight: Machine = 84Kg, Transverse carriage & fail safe brake = 50kg – Combined = 134Kg - Minimum two persons for each part? greater than 25kg
Product Acceptance number – PA05/04690	Are there carrying handles/lifting points attached to this equipment? – Yes, see arrows left) Are there lifting/moving/carrying aids available? - lifting eye for hoist Is the equipment awkward to carry? Yes, uneven weight distribution, poor handling points
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
First option	<ul style="list-style-type: none"> Use forklift in depot and crane/hoist at site to handle kit i.e. transport the equipment mechanically to minimise manual handling
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance Must be lifted and carried over short distances e.g. 10 metres then rest Rotate task between competent personnel Assemble/disassemble at site of work and handle parts separately using both hands where possible
Competence and capability	<ul style="list-style-type: none"> Pre-planned with a minimum of two persons always involved in the lift Plan a team lift based on individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine

NR Ref no.	MHRAC Robel 34.01 Fast Clipper	
Assessment date	02 August 2018 – review August 2020	

MANUAL HANDLING RISK ASSESSMENT CONTROLS TO BE APPLIED

Model - Robel 34.01 Fast Clipper	
	<p>Handling Activity – Loading and unloading from road vehicles and use on track</p> <p>Weight: 180Kg minimum of four persons</p> <p>Are there carrying handles/lifting points attached to this equipment? – Yes, (see arrows left)</p> <p>Are there lifting/moving/carrying aids available? – Yes, hoist</p> <p>Is the equipment awkward to carry? Yes, uneven weight distribution, poor handles</p>
Product Acceptance number – PA05/02593	
CONTROLS	
PROHIBITED	<ul style="list-style-type: none"> Not to be carried up or down staircases or on and off station platform edges
First option	<ul style="list-style-type: none"> Lift with hoist, equipment fitted with lifting eye
Reduce exposure to risks	<ul style="list-style-type: none"> Vehicle to be parked as close as possible to reduce carry distance e.g. in depot/access gate to minimise carry distance Must be lifted and carried over short distances e.g. 5 metres then rest Rotate task between competent personnel Assemble/disassemble outrigger arm at site of work
Competence and capability	<ul style="list-style-type: none"> Pre-planned with a minimum of four persons always involved in the lift Plan a team lift based on individual's capabilities as this tool is awkward to hold and carry
Transportation	<ul style="list-style-type: none"> Only to be mechanically loaded or unloaded on to vehicles e.g. using a hydraulic crane, tail-lift or ramp etc.
Storage	<ul style="list-style-type: none"> To be stored on flat level surfaces to enable easy transfer to and from vehicle
PPE	<ul style="list-style-type: none"> PPE must include suitable gloves that maintain feel and grip of load
Additional Information	<ul style="list-style-type: none"> Check labels on machine