

Guidance

G3235 A1

What good looks like – Manual handling

Purpose:

The purpose of this guidance document is to show examples of good practice for manual handling work activities.

Scope:

This document is for anyone or manages or supervises manual handling work activities.

What good looks like: Mechanical means

Engineering train



Motorised trolley



SHP (Train with lifting aids and trolleys)



Road rail vehicle (RRV)



Key points

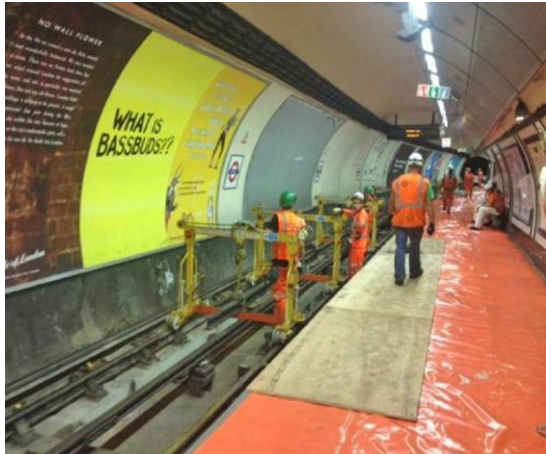
- Deliver items on engineering trains where possible
- Use mechanical lifting aids
- Use motorised trolley where possible
- Undertake/provide manual handling assessments for all tasks
- Ensure operatives are suitably trained to use mechanical lifting aids.

Links

- [Manual handling](#)
- [Provision and Use of Work Equipment Regulations 1998 \(PUWER\)](#)
- [Manual handling advice \(HSE\)](#)

What good looks like: Lifting equipment

Ironmen



Hi-Ab lifting equipment onto track trolley



Forklift loading vehicles



Genie lift



Key points

- Carry out pre-user checks prior to use of equipment
- Ensure thorough examination/Inspection certificate are in date
- Ensure clear walkways from despatch area to delivery location
- Train operatives to manage and use equipment
- Follow safe system of works.

Links

- [Manual handling](#)
- [Provision and Use of Work Equipment Regulations 1998 \(PUWER\)](#)
- [Manual handling advice \(HSE\)](#)

What good looks like: Trolleys/stair climber

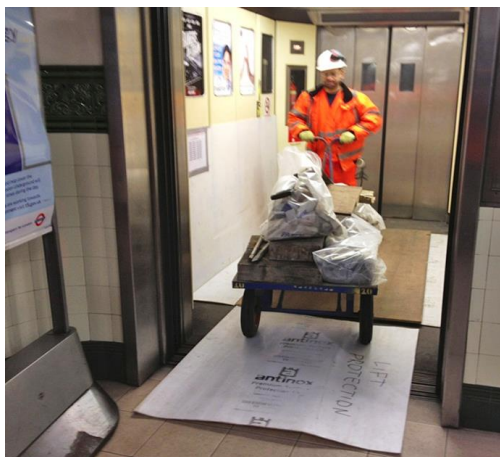
Stair climber trolley



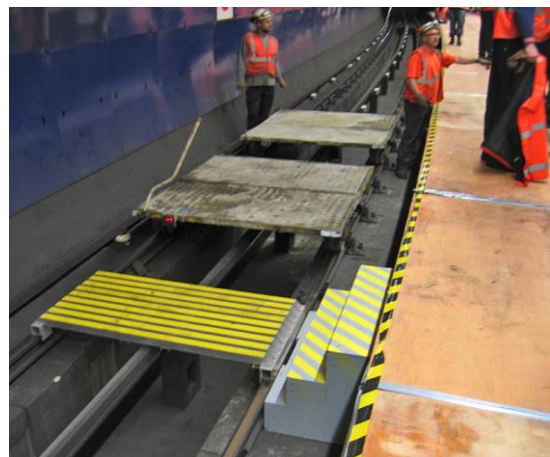
Breaker trolley



Platform/station trolley



Track trolley



Key points

- Carry out pre-user checks prior to use of equipment.
- Train operatives to use equipment
- Survey route to worksite
- Protect station assets
- Follow procedures within movement of materials licence/ Manual handling assessment.

Links

- [Manual handling](#)
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- [Manual handling advice \(HSE\)](#)