

<h1>RISK ASSESSMENT: Site Clearance</h1>		<p><b>MAXIMUM RECOMMENDED LIFTING WEIGHT GUIDE FOR HEALTHY AVERAGE MEN AND WOMEN</b></p> <p>The risk of injury increases when objects are lifted:</p> <ul style="list-style-type: none"> <li>- higher or lower than waist height</li> <li>- further away from the torso</li> <li>- twisting and sideways bending</li> <li>- with straightened arms</li> <li>- with bent back</li> </ul>	Folio Reference:
RAM prepared by:	Print full name:	H&S Manager: <input type="checkbox"/>	
	Signature:	Site Manager: <input type="checkbox"/>	
		Authorised Operative: <input type="checkbox"/>	
Site's Address		Town	Date
		Postcode	

Designated Site Manager(s):	<input type="checkbox"/> Andrew Schwarz	<input type="checkbox"/> Richard Cleary	<input type="checkbox"/> Jacob Whitmarsh	<input type="checkbox"/> Daniel Spiller	<input checked="" type="checkbox"/> Colin Sparrow
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Those at Risk of Harm:	<input checked="" type="checkbox"/> Employees	<input checked="" type="checkbox"/> Tenants	<input checked="" type="checkbox"/> Children and vulnerable adults	<input checked="" type="checkbox"/> Company and private property
	<input checked="" type="checkbox"/> Contractors and other site visitors	<input checked="" type="checkbox"/> Neighbours and the Public	<input checked="" type="checkbox"/> Pets and wildlife	<input checked="" type="checkbox"/> Environment

**Safe Lifting, Carrying and Putting Down of loads (Remember T.I.L.E.) Think about what safe-lifting grabs and handles you can use to make lifting easier.**

- Tasks: When lifting, carrying or putting down any object, avoid twisting, stooping, bending, pushing, pulling or making sudden movements. They are more likely to cause injury?
- Individual: The age, size, sex and health all affect an individual's ability to lift, carry and set down loads. Know the limits of what you can carry safely and stick to them.
- Loads: Loads that are heavy, large, awkward and difficult to hold, sharp, hot, cold or unstable all increase the chances they will cause injuries when being carried.
- Environment: Poor lighting, space constraints, trip hazards, uneven, unstable or slippery walk ways, climbing steps and stairs all present challenges to the safe lifting, carrying and setting down of loads. High winds, hot or cold temperatures, condensation, rain and ice can all adversely affect safe manual handling unless the carrier takes them into account.

- Equipment: The use of well-maintained lifting and moving equipment, operated by trained individuals, can make manual handling of heavy loads much safer.
- Other: Sudden and unexpected loud noises can distract the carrier; an escalator that suddenly stops; or collisions with unavoidable moving or unseen stationary objects can all serve to upset the stability of the person and the load being carried, resulting in falls and injuries. Thinking ahead and planning a safe route so there are no surprises can help avoid accidents.

**Safe manual handling techniques**

- Think before you lift:** Plan the lift. Where is it going to be placed? Can you divide the load to make each lift lighter? Use appropriate handling aids. Do you need help with the load?
- Don't lift or put down above chest height:** Attempting to lift or put down loads above what you can comfortably carry at chest height significantly increases the chances of injury.
- Protect your back:** Keeping the heaviest part of the load close to your waist, for as long as possible, will help avoid straining and damaging the soft tissue of your limbs and spine.
- Adopt a stable position:** Your feet should be apart with one leg slightly forward to maintain balance. Restricted, tight clothing and unsuitable shoes interfere with stability.
- Ensure a good hold:** Hug the load close to the body, using the arms and chest to support the load, which is far stronger than just trying to carry a load with the hands alone.
- Don't bend your back when lifting or putting down:** A slight bending of the back, hips and knees at the start of the lift is preferable to either fully flexing the back (stooping) or fully flexing the hips and knees – in other words, fully squatting.
- Don't twist when you lift:** Avoid twisting the back or leaning sideways, especially while the back is bent. Doing so puts additional mechanical strain on the soft tissue of the spine.
- Look ahead:** Keep your head up and looking forward when handling the load. Don't look down. Doing so keeps the spine in the best position and you can see where you are going.
- Move smoothly:** Don't jerk or snatch the load as this can make it harder to keep control, reduces stability and increases the risk of injury.
- Know your limits:** Don't lift or handle more than you can easily manage. There's a difference between what people can lift and what they can safely lift!
- Put the load down, then adjust:** Put the load down and then adjust. If you need to position the load precisely, put it down first, then slide it into the desired position.

Hazards present	Who might be harmed and how	RISK with No controls	Standard controls that should be observed on all sites	RISK with Std controls	Std controls enforced?	Extra controls required if standard controls are insufficient to reduce residual risk to safe level	Revised risk after extra controls		
							Likelihood	Severity	Risk
<input checked="" type="checkbox"/> Poor technique, trying to lift too much in one go, failing to plan lift or take note of conditions	Individuals can suffer long-lasting and debilitating muscular-skeletal injuries by failing to apply safe lifting, carrying and putting down techniques	15	Workers must undergo regular training on safe manual handling techniques. Experienced workers should always assist and educate improvers on how to apply the theory of safe manual handling in the work place described above.	5	<input checked="" type="checkbox"/>		<input type="checkbox"/> x <input type="checkbox"/>	<input type="checkbox"/>	
<input checked="" type="checkbox"/> COSHH: Potential to come into contact with dangerous contaminants, sharps & needles	Danger of workers contracting infectious diseases by coming into contact with infective agents or poisonous chemicals adsorbed through skin, cuts or existing open wounds.	25	Sites with bio-material contaminants to be deep-cleaned by external agents before site clearance to be attempted. Workers to wear protective gloves and clothing. Workers to dress cuts and abrasions. Workers to ensure their Hepatitis B and Tetanus vaccinations are up-to-date.	5	<input checked="" type="checkbox"/>		<input type="checkbox"/> x <input type="checkbox"/>	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Danger of disturbing (ACM) asbestos and Silica containing materials	Workers may accidentally inhale asbestos, silica and other dangerous dust during removal of waste materials from site. Breathing in such dusts are linked to long-term health risks, COAD and cancers.	25	In the absence of an Asbestos Survey that confirms asbestos is not present, assume any fibrous waste material may be asbestos. It may be possible to remove ACM using our asbestos removal protocol. If suspected ACM is accidentally disturbed, observe the Asbestos Decontamination procedure. Wear PP3 face masks and protective clothing in dusty environments.	5	<input checked="" type="checkbox"/>		<input type="checkbox"/> x <input type="checkbox"/>	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Protection of the Environment by removing waste & contaminated waste correctly	It is essential to prevent any person being exposed to inhaling dangerous dust and fibres during the removal and transport of site waste onto the final disposal site.	11	Care should be taken to bag up and seal all site-waste that may release dust and fibres during transport. ACM and Silica waste must be bagged up and sealed in accordance with Regulations and carried in metal containers within vans licenced to carry waste.	5	<input checked="" type="checkbox"/>		<input type="checkbox"/> x <input type="checkbox"/>	<input type="checkbox"/>	

PPE To be worn:	<input type="checkbox"/> Safety boots	<input type="checkbox"/> Hi-Viz	<input type="checkbox"/> Hard hats	<input type="checkbox"/> Safety goggles	<input type="checkbox"/> Safety gloves	<input type="checkbox"/> Fall arrest harnesses / Soft landing	The optimum number of people to lift a heavy object is six.
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The likelihood a hazard could cause harm		
1	Improbable: 0% - 5%	Unlikely to happen
2	Remote: 6% - 35%	May occur at sometime
3	Possible: 36% - 65%	More likely to occur
4	Probable: 66% - 95%	Very likely to occur
5	Very probable: 96% - 100%	Certain to happen

The severity of the harm a hazard could cause	
1	No risk to short-term or long-term health or sustaining personal injury
2	Remote risk to health or sustaining minor injuries treatable by site first aid
3	Low risk of personal injury requiring medical attention at A&E Department
4	Moderate risk of personal injury resulting in more than 7 days off work
5	High risk of life-changing injury, long-term chronic illness, cancer and death

The calculated risk of harm from a hazard	
0 - 5	Low Risk - No extra controls needed
6 - 15	Introduce extra controls to reduce risk
16 - 20	Only under supervision of Site Manager
21 - 25	Do not proceed as the risk is too high
Make reference to the Company CDM Plan when assessing risk	