HS41_5 Manual Handling Lifting Guidance

Material	Weight (kg)	Risk Rating			Manual Handling		Control Measures (always use mechanical means where possible)	After Controls		
		H	M	L	Distribution around site	Fixing / Placement		H	M	L
Please note, weights may change slightly by manufacturer/supplier from those noted below, this sheet is a guide and material weights should always be checked when the product arrives on site.										
Kerbs										
All types of Standard Kerb	N/A	H			Mechanical	Kerb Lifter only	See risk assessment RA024			L
Conservation Kerb 145 x 255	83.00	H			Mechanical	Kerb Lifter only	See risk assessment RA024			L
305mm 45° Splay Quadrant	39.70	H			Mechanical	Roll in position	See risk assessment RA024			L
305mm Half Batter Quadrant	43.45	H			Mechanical	Roll in position	See risk assessment RA024			L
305mm Bullnose Quadrant	44.05	H			Mechanical	Roll in position	See risk assessment RA024			L
455mm Half Batter Quadrant	97.83	H			Mechanical	Roll in position	See risk assessment RA024			L
Slabs										
600 x 900 x 50mm	62.00	H			Mechanical	Mechanical	See risk assessment RA057			L
600 x 600 x 50mm	41.35	H			Mechanical	2-person lift	See risk assessment RA057			L
450 x 600 x 50mm	30.50	H			Mechanical	2-person lift	See risk assessment RA057			L
450 x 450 x 50mm	23.00	H			Mechanical	2-person lift	See risk assessment RA057			L
300 x 300 x 50mm	10.25		M		Mechanical	1-person lift	See risk assessment RA057			L
400 x 400 x 50mm	19.00		M		Mechanical	1-person lift	See risk assessment RA057			L
400 x 400 x 65mm Tactile	24.80	H			Mechanical	2-person lift	See risk assessment RA057			L
450 x 450 x 65mm Tactile	31.45	H			Mechanical	2-person lift	See risk assessment RA057			L
600 x 600 x 38mm	32.10	H			Mechanical	2-person lift	See risk assessment RA057			L
300 x 600 x 38mm	16.40		M		Mechanical	1-person lift	See risk assessment RA057			L
450 x 600 x38mm	24.10	H			Mechanical	2-person lift	See risk assessment RA057			L
450 x 450 x 38mm	17.80		M		Mechanical	1-person lift	See risk assessment RA057			L
Edgings										
50 x 150 x 915mm Flat Top	16.20		M		Mechanical	1-person lift	See risk assessment RA092			L
50 x 150 x 915mm Bullnose	16.00		M		Mechanical	1-person lift	See risk assessment RA092			L
50 x 205 x 915mm Flat Top	21.70	H			Mechanical	2-person lift	See risk assessment RA092			L
50 x 205 x 915mm Bullnose	21.60	H			Mechanical	2-person lift	See risk assessment RA092			L
50 x 255 x 915mm Bullnose	27.15	H			Mechanical	2-person lift	See risk assessment RA092			L
50 x 255 x 915mm Flat Top	27.20	H			Mechanical	2-person lift	See risk assessment RA092			L
Block Pavers										
50mm	2.17			L	Mechanical	1-person lift	See risk assessment RA076			L
60mm	2.81			L	Mechanical	1-person lift	See risk assessment RA076			L
80mm	3.55			L	Mechanical	1-person lift	See risk assessment RA076			L
Concrete Blocks										
Topcrete Standard 440 x 100 x 215 (7.3KN)	18.5		M		Mechanical	1-person lift	See risk assessment RA043			L
Masterblock 440 x 100 x 215 (7.3KN)	18.8		M		Mechanical	1-person lift	See risk assessment RA043			L
Trench Blocks										
Celcon 440 x 100 x 215 (3.6KN)	7.3			L	Mechanical	1-person lift	See risk assessment RA043			L
Celcon 440 x 100 x 215 (7.3KN)	8.4			L	Mechanical	1-person lift	See risk assessment RA043			L
Celcon 440 x 100 x 215 (10KN)	8.4			L	Mechanical	1-person lift	See risk assessment RA043			L
Celcon 440 x 300 x 215 (3.5KN) **DRY WEIGHT**	18.0		M		Mechanical	1-person lift	See risk assessment RA043			L
Celcon 440 x 300 x 215 (3.5KN) **WET WEIGHT**	22.0	H			Mechanical	2-person lift	See risk assessment RA043			L
Thermalite Turbo 440 x 100 x 215 (3KN)	4.6			L	Mechanical	1-person lift	See risk assessment RA043			L
Thermalite Shield 440 x 100 x 215 (3.6KN)	5.8			L	Mechanical	1-person lift	See risk assessment RA043			L
Thermalite HI Strength 440 x 100 x 215 (7.3KN)	7.1			L	Mechanical	1-person lift	See risk assessment RA043			L
Thermalite HI Strength 440 x 100 x 215 (10KN)	7.8			L	Mechanical	1-person lift	See risk assessment RA043			L
Thermalite Foundation 440 x 300 x 215 (3.5KN)	17.5		M		Mechanical	1-person lift	See risk assessment RA043			L
Toplite Foundation 440 x 300 x 215 (3.6KN)	18.2		M		Mechanical	1-person lift	See risk assessment RA043			L
Durox/Tarmac Foundation 360 X 310 X 214 (3.6KN)	11.1		M		Mechanical	1-person lift	See risk assessment RA043			L
Durox/Tarmac Foundation 310 X 360 X 214 (3.6KN)	11.1		M		Mechanical	1-person lift	See risk assessment RA043			L
Durox/Tarmac Foundation 360 X 310 X 214 (7.3KN)	16.4		M		Mechanical	1-person lift	See risk assessment RA043			L
Durox/Tarmac Foundation 310 X 360 X 214 (7.3KN)	16.4		M		Mechanical	1-person lift	See risk assessment RA043			L
Besblock Star Performer 328 x 440 x 215 (7KN)	20.0		M		Mechanical	1-person lift	See risk assessment RA043			L
Sheets of Mesh										
A393 per sheet	71.4	H			Mechanical	4-person lift	See risk assessment RA010			L
A252 per sheet	45.4	H			Mechanical	4-person lift	See risk assessment RA010			L
A193 per sheet	35.7	H			Mechanical	2/4-person lift	See risk assessment RA010			L
A142 per sheet	25.6	H			Mechanical	2/4-person lift	See risk assessment RA010			L
MH/Gully Seating Rings										
600 square opening x 65 depth	70	H			Mechanical	4-person lift	See risk assessment RA010			L
675 square opening x 65 depth	60	H			Mechanical	4-person lift	See risk assessment RA010			L
750 x 600 opening x 65 depth	70	H			Mechanical	4-person lift	See risk assessment RA010			L
750 x 750 opening x 65 depth	80	H			Mechanical	4-person lift	See risk assessment RA010			L
1200 x 675 opening (two-part)	90	H			Mechanical	Mechanical	See risk assessment RA010			L
Gully seating slab 750 x 650 x 65	50	H			Mechanical	4-person lift	See risk assessment RA010			L
Gully seating slab 750 x 650 x 100	78	H			Mechanical	4-person lift	See risk assessment RA010			L
Drainage Pipes										
100 x 1600 Clay Pipe	14.9		M		Mechanical	1-person lift	See risk assessment RA010			L
150 x 1750 Clay Pipe	30.7	H			Mechanical	2-person lift	See risk assessment RA010			L
100 x 6000 Plastic Pipe	9.6			L	Mechanical	1-person lift	See risk assessment RA010			L
150 x 6000 Plastic Pipe	18.0		M		Mechanical	1-person lift	See risk assessment RA010			L

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			H	M	L	Distribution around site	Fixing / Placement		H	M	L
MH Covers/Gully Grates/Metal Protection Plates											
D400 Ultra MH Cover 600 x 600 x 100	**All weights include the Frame and will reduce in weight when separated**	77	H			Mechanical	Check weight of individual sections (Frame & cover) Under 20kg can be lifted individually if the person is capable of lifting the weight, If heavier than 20kg and lighter than 35kg it is a 2-man lift. 4-man lift up to 80-kg. Anything above 80kg to be mechanically lifted. **Always use mechanical means where possible.**	See risk assessment RA010			L
D400 Ultra MH Cover 600 x 600 x 150		82	H			Mechanical		See risk assessment RA010			L
D400 Ultra MH Cover 675 x 675 x 100		84	H			Mechanical		See risk assessment RA010			L
D400 Ultra MH Cover 675 x 675 x 150		98	H			Mechanical		See risk assessment RA010			L
D400 Ultra MH Cover 750 x 600 x 100		95	H			Mechanical		See risk assessment RA010			L
D400 Ultra MH Cover 750 x 750 x 100		105	H			Mechanical		See risk assessment RA010			L
D400 Ultra MH Cover 900 x 600 x 100		115	H			Mechanical		See risk assessment RA010			L
D400 Ultra MH Cover 900 x 900 x 100		190	H			Mechanical		See risk assessment RA010			L
D400 Ultra MH Cover 1220 x 675 x 100		160	H			Mechanical		See risk assessment RA010			L
D400 Ultra MH Cover 1220 x 675 x 150		170	H			Mechanical		See risk assessment RA010			L
D400 Brunel MH Cover 600 x 600 x 100		77	H			Mechanical		See risk assessment RA010			L
D400 Brunel MH Cover 600 x 600 x 150		87	H			Mechanical		See risk assessment RA010			L
D400 Brunel MH Cover 675 x 675 x 100		96	H			Mechanical		See risk assessment RA010			L
D400 Brunel MH Cover 675 x 675 x 150		108	H			Mechanical		See risk assessment RA010			L
Triangular Gully Grate D400 440 x 440 x 100		55	H			Mechanical		See risk assessment RA010			L
C250 MH Cover 450 Round x 58		32	H			Mechanical		See risk assessment RA010			L
C250 MH Cover 450 x 450 x 75		45	H			Mechanical		See risk assessment RA010			L
C250 MH Cover 600 x 450 x 75		55	H			Mechanical		See risk assessment RA010			L
C250 MH Cover 600 x 600 x 75		66	H			Mechanical		See risk assessment RA010			L
C250 MH Cover 900 x 600 x 75		114	H			Mechanical		See risk assessment RA010			L
B125 MH Cover 305 x 305 x 47		11		M		Mechanical		See risk assessment RA010			L
B125 MH Cover 433 Round x 25		30	H			Mechanical		See risk assessment RA010			L
B125 MH Cover 450 Round x 22		32	H			Mechanical		See risk assessment RA010			L
B125 MH Cover 600 x 450 x 44		55	H			Mechanical		See risk assessment RA010			L
B125 MH Cover 600 x 600 x 40		66	H			Mechanical		See risk assessment RA010			L
B125 MH Cover 600 Round x 75		79	H			Mechanical		See risk assessment RA010			L
B125 MH Cover 900 x 900 x 60		114	H			Mechanical		See risk assessment RA010			L
A15 MH Cover 450 x 450 x 26		25	H			Mechanical		See risk assessment RA010			L
A15 MH Cover 600 x 450 x 26		22	H			Mechanical		See risk assessment RA010			L
A15 MH Cover 600 x 600 x 25		32	H			Mechanical		See risk assessment RA010			L
Floor Beams											
150mm Forterra Beam Standard per metre		33	H			Mechanical	Mechanical	See risk assessment RA041			L
150mm Forterra Beam Wide per metre		64	H			Mechanical	Mechanical	See risk assessment RA041			L
225mm Forterra Beam per metre		59	H			Mechanical	Mechanical	See risk assessment RA041			L
150mm Litecast Beam per metre		25	H			Mechanical	Mechanical	See risk assessment RA041			L
225mm Litecast Beam per metre		69	H			Mechanical	Mechanical	See risk assessment RA041			L
175mm Rackham's Beam Standard per metre		34	H			Mechanical	Mechanical	See risk assessment RA041			L
Block Retaining Walls											
Allan Block Hollow 450 x 300 x 200		37	H			Mechanical	2-person lift	Job Specific Risk Assessment			L
Tobermore Blocks 400 x 230 x 200		27.9	H			Mechanical	2-person lift	Job Specific Risk Assessment			L
Stepoc 200 blocks – L2 & L3 – 200 x 400 x 225		18.5		M		Mechanical	1-person lift	Job Specific Risk Assessment			L
Stepoc 200 blocks – L4 – 200 x 200 x 225		9			L	Mechanical	1-person lift	Job Specific Risk Assessment			L
Stepoc 256 blocks – V2 – 256 x 400 x 225		19.8		M		Mechanical	1-person lift	Job Specific Risk Assessment			L
Stepoc 256 blocks – V3 – 256 x 400 x 225		20		M		Mechanical	1-person lift	Job Specific Risk Assessment			L
Stepoc 256 blocks – V5 – 256 x 133 x 225		8			L	Mechanical	1-person lift	Job Specific Risk Assessment			L
Stepoc 256 blocks – V6 – 256 x 133 x 225		8.5			L	Mechanical	1-person lift	Job Specific Risk Assessment			L
Stepoc 325 blocks – Z2 – 325 x 325 x 225		19.8		M		Mechanical	1-person lift	Job Specific Risk Assessment			L
Stepoc 325 blocks – Z3 – 325 x 325 x 225		20		M		Mechanical	1-person lift	Job Specific Risk Assessment			L
Stepoc 325 blocks – Z4 – 325 x 162.5 x 225		10.5		M		Mechanical	1-person lift	Job Specific Risk Assessment			L
Plant/Equipment/ Metal Protection Plates											
MH Shutter 1800mm x 1520mm Panel		60	H			Mechanical	Mechanical	See Excavator Lift Plan			L
MH Shutter 1800mm x 600mm Panel		35	H			Mechanical	Mechanical	See Excavator Lift Plan			L
MH Shutter 1800mm x 250mm Panel		25	H			Mechanical	Mechanical	See Excavator Lift Plan			L
Road Former 150 x 3000		26	H			Mechanical	2-person lift	See risk assessment RA010			L
Road Former 250 x 3000		32	H			Mechanical	2-person lift	See risk assessment RA010			L
8mm MH Protection Metal Plates 1000 x 1000		63	H			Mechanical	4-person lift	See risk assessment RA010			L
8mm MH Protection Metal Plates 750 x 750		36	H			Mechanical	2-person lift	See risk assessment RA010			L
8mm Gully Protection Metal Plates 500 x 500		16	H			Mechanical	1-person lift	See risk assessment RA010			L
Note: Metal MH/Gully protection plates may vary in size and thickness, please check with the plant department if different from above for exact weight.											
Miscellaneous Items											
Bag of Cement		25	H			Mechanical	2-person lift	See risk assessment RA010			L
Small Bags of sand/aggregates		25	H			Mechanical	2-person lift	See risk assessment RA010			L
Heras Fence Panels 3500 x 2000		24	H			Mechanical	2-person lift	See risk assessment RA010			L
Heras Fence Panel Feet		18		M		Mechanical	1-person lift	See risk assessment RA010			L
Metal Pedestrian Barriers		16		M		Mechanical	1-person lift	See risk assessment RA010			L
Chapter 8 Barriers		11.2		M		Mechanical	1-person lift	See risk assessment RA010			L
Walkthrough Crowd Barriers		22	H			Mechanical	2-person lift	See risk assessment RA010			L