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Network Rail Safety Bulletin

Manual Handling of Concrete Troughing Products

For the attention of all staff and contractors engaged in the specification, planning, installation, renewal and disposal of concrete troughing products.

Background:

In May 2014, Network Rail issued Safety Bulletin 323 which **stopped with immediate effect the lifting, carrying and team handling of C143 conventional concrete troughing.**

Following further analysis it has now been agreed that manual handling of ALL types of concrete troughing present risks to staff safety which require immediate action.

The Table A on page 2 shows the wide range of available concrete troughing products, their weight and what action must be taken to protect staff from injury.

Immediate action required by all persons affected:

If you're about to manual handle concrete troughing products then you should be in receipt of an approved site-specific risk assessment. **If you haven't then stop**, request that a risk assessment is undertaken by a competent individual and implement any resulting actions before continuing work.

With immediate effect Network Rail require all staff and contractors who are required to specify, manage, plan, authorise and carry out manual handling activities relating to the delivery, installation, renewal or disposal of cable troughing materials to comply in full with the guidance of the HSE manual handling MAC assessment tool which can be found on the following link: www.hse.gov.uk/msd/mac, or a suitable equivalent.

The outputs from the MAC tool will form the basis of a suitable and sufficient risk assessment, and which will show activities where manual handling methods shall not be used and require alternative methods to eliminate or reduce the risk to an acceptable level to be put in place. Assessments using the MAC tool, and where required more detailed risk assessments, should be site specific to consider the load, task, environmental factors (e.g. access, underfoot conditions), individual capabilities and other relevant factors as per the Manual Handling Operations Regulations 1992.

Note: The purpose of Table A is to direct the duty holder to the approved concrete troughing products and their associated weights. Each product has been assigned a specific colour code utilising the HSE MAC Tool for weight only. If the product is to be lifted, carried or team handled then a further assessment is required to consider the load, task, environmental factors (e.g. access, underfoot conditions), individual capabilities and other relevant factors.

Table A: HSE MAC Tool Assessment of Concrete Troughing Products.

Key:

Green: The risks are low but you should further assess the manual handling activity considering the time duration, repetitiveness of task and the site environment.

Amber: You shall examine and assess the planned manual handling activities closely giving full consideration to alternative mechanical means.

Red: There is a high level of risk from manual handling of these products. A full re-evaluation of the risks is required prior to any further activity.

Purple: There is a very high level of risk and manual handling of these products is prohibited unless a detailed risk assessment demonstrates that this may be performed safely.

Trough variants	FULL WEIGHT CONCRETE (Kg)	FULL WEIGHT HALF LENGTH (Kg)	REDUCED WEIGHT (Kg)	REDUCED WEIGHT HALF LENGTH (Kg)
C/1/6	37	19	24	12
C/1/7	49	25	32	16
C/1/38	50	25	35	18
C/1/8	71	36	46	23
C/1/9	55	28	36	18
C/1/31	55	28	36	18
C/1/35	58	29	38	19
C/1/10	62	31	40	20
C/1/34	60	30	39	20
C/1/36	65	33	44	22
C/1/33	66	33	43	22
C/1/29	70	35	46	23
C/1/82	76	38	49	25
C/1/32	77	39	53	27
C/1/44	77	39	50	25
C/1/61	82	41	53	27
C/1/80	83	42	54	27
C/1/62	85	43	55	28
C/1/44	88	44	60	30
C/1/63	88	44	57	29
C/1/23	89	45	64	32
C/1/45	94	47	60	30
C/1/43	115	58	75	38
C/1/81	140	70	91	46