What are the hazards and how might they harm?

Injuries as a result of falls or collisions

Injuries as a result of entanglement

Back and muscle strain from manual handling

Injuries as a result of falling items

Musculoskeletal injuries as a result of poor posture

Exposure to extreme heat or cold

Electric shock or burns from incorrect use or use of faulty equipment

What PPE should the individual wear?

What other precautions should be taken?

Wear appropriate enclosed footwear with slip-resistant soles

Stay hydrated and take breaks

Safety Task Card

Cargo bikes

STCGE 53

Unit Managers – use page overleaf to list any hazards and control measures specific to your site which are not listed below

Safe System of Work

1. Only ride a cargo bike if you are physically fit and have completed the relevant training, including *OPS19 Use of Bicycles, Electric Bicycles and E-Scooters* and *STCGEXX Biles, e-bikes and e-scooters*.

2. Follow the manufacturer's instructions where available and adhere to loading instructions and limits for the cargo box.

3. Ensure you are familiar with any locking mechanism and that the cargo box is locked when not being accessed.

4. Make sure that loads do not obstruct visibility and that they are secure.

5. Ensure the load is balanced and evenly distributed .

6. The cargo box may only be used to transport goods and under no circumstances can animals or people be transported.

7. Do not ride the bike up curbs and avoid tight corners.

8. If the bike is fitted with a rain cover, the windows must be kept clean and clear,

If you have any concerns, stop and speak with your line manager before proceeding.

List any additional hazards or risks you have identified and control measures required to manage these.

Cargo bikes continued

Safe System of Work

SOP (Standard Operating Procedures)