








## LEAFLET 18

### INFORMATION FOR CUSTOMERS HANDLING GAS CYLINDERS

Gas cylinders are awkward objects to handle safely due to their shape, weight, size and instability. Manual handling covers a wide variety of tasks including lifting, lowering, pushing, pulling, carrying and specifically for gas cylinders, movement by 'churning'. If any of these tasks are not carried out correctly, then there is a risk of injury. Manual handling is one of the most common causes of injury at work and causes over a third of all workplace injuries. These include work related musculoskeletal disorders (MSDs) such as upper and lower limb pain / disorders, joint and strain injuries.

Whilst this Leaflet provides a brief overview, you should refer to BCGA [Guidance Note 3, Gas cylinders. Manual handling operations](#), for comprehensive information on the manual handling of gas cylinders.

Avoid		Avoid manual handling operations, so far as is reasonably practicable.
Risk Assessment		Where you cannot avoid manual handling, carry out a risk assessment to identify any risk of injury. Consider the task, the individual, the load and the environment.
Competence		Don't let anyone handle cylinders unless they have the necessary competence (including knowledge, skills and experience). Ensure they receive appropriate information, instruction, training and supervision relating to the gases and objects being handled.
Implement controls (identified in the risk assessment)		Use the handling method identified. Check the route is clear. Ensure the cylinders are secured in their pallets or trolleys. Always check the valve is closed and there are no leaks. Remove any attached equipment, regulators, hoses, etc. Use appropriate personal protective equipment (PPE). Do not drag, roll or drop cylinders.
Secure on completion		Always keep the cylinders secure to prevent them toppling. When not in use or in motion keep cylinders in a dedicated, safe store as detailed in BCGA <a href="#">Code of Practice 44, The storage of gas cylinders</a> .

**NEVER ATTEMPT TO STOP A FALLING CYLINDER – GET OUT OF THE WAY!**

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