

Handcuffs

Equipment Required

	No. required	Comment
Rope 'handcuffs'	1 set per person	

Set Up / Assembly

1. Group to be in pairs
2. Each person's wrists are linked with a rope handcuff – with the two pairs linked:



3. Without removing their hands from the handcuffs, the pair must separate themselves.

Operator Instructions

People have a tendency to try some odd movements during this game – sometimes to the surprise of the person they're paired with – Be aware of wrists/arms being twisted, or people being put at risk of falls

I have read and fully understand the risk assessment, assembly, operating & briefing instructions and any other safety procedures in relation to:

Handcuffs team building exercise

Signed:

Date:

Event Manager / Trainer Signature:

Print:

Print:

Risk Assessment for:
 AR Entertainments
 Mount Pleasant Way
 Stokesley Business Park
 Stokesley North Yorkshire
 TS9 5NZ

ASSESSMENT UNDERTAKEN
 Date:
 Assessor:
 Activity / Equipment: Handcuffs

ASSESSMENT REVIEW
 1st: 03 – 09 – 2014

Significant Hazard	People at Risk	Control Measure
Twisted wrist / arm Fall	Participants	Briefing Operator supervision