

What are the maximum weight limits in Royal Mail?

- Letter bag: **11 kg** (Single items up to **30 kg** can be accepted but heavy items should be handled using a two-person lift.)
 - Delivery pouch transported by cycle: **16 kg**
 - Delivery pouch carried on a normal walk: **16 kg**
 - Delivery pouch carried on long hills or slopes (1:12 or greater): **8 kg**
 - Delivery pouch carried on long, steep hills or slopes (1:8 or greater) or predominantly up stairs: **5 kg**
 - Delivery pouch carried by Young Persons (under 18 years of age): **10 kg**
 - Delivery pouch carried by Pregnant Persons: **10 kg**
 - Letter tray: **10 kg**
 - Parcel: **30 kg**
 - York container: **250 kg**
 - Rigid Stackable Container (RSC): **750 kg**
- Remember: Maximum means exactly that! It does not imply that it is the Standard weight for the equipment or the circumstances.

The *Manual Handling Operations Regulations 1992*, as amended in 2002 (‘the Regulations’) apply to a wide range of manual handling activities, including lifting, lowering, pushing, pulling or carrying.

The instructions above are Royal Mail’s way of going towards complying with these regulations.

The Multiple Pouch Weight Matrix was introduced with the Single Daily Delivery agreement and is still a recommended way of avoiding fatigue on delivery.

Pouch number	Recommended weight	Cumulative total
1 st	16 kg	16 kg
2 nd	16 kg	32 kg
3 rd	12 kg	44 kg
4 th	10 kg	54 kg
5 th	10 kg	64 kg
6 th	8 kg	72 kg
7 th	8 kg	80 kg
8 th	8kg	88kg
9 th	8 kg	96 kg