

Multiple Pouch Weight Matrix – Agreed with Royal Mail

Pouch	Recom m e n d	Cum ulative
1st	16 kg	16 kg
2nd	16 kg	32 kg
3rd	12 kg	44 kg
4th	10 kg	54 kg
5th	10 kg	64 kg
6th	8 kg	72 kg
7th	8 kg	80 kg
8th	8 kg	88 kg
9th	8 kg	96 kg

However, the Max Pouch weights must be reduced if walking up slopes greater than 1 in 12 to 8kg and reduced to a Max of 5kg if walking up slopes greater than 1 in 8 or the delivery walk is one that predominantly goes up and down stairs etc. For young people under 18 the maximum weight of a pouch must not exceed 10kg. Cycles can only carry one pouch of 16kg max. Cycle panniers can only carry 8kg max each side. (Note: Some Areas have introduced an alternative, simplified Pouch Weight arrangement as follows: - The maximum pouch weight is 16kg first pouch and the maximum weight of all following pouches must not weigh more than 11kg and such arrangements can continue with the same monitored and adequate controls to avoid excess weight being carried). REMEMBER/IMPORTANT: All weights are "Maximum Weights" not "Target Weights". Additionally, individual capability may also need to be considered in certain cases when carrying out a Walk Risk Assessment.