

Manual Handling - Growing Newbury Green

Manual handling refers to the process of lifting, carrying, pushing, or pulling objects by hand or bodily force. Proper techniques are essential to prevent injuries.

Plan the Lift

- Assess the load and its stability.
- Is this within your capabilities
- Determine if assistance or mechanical aids are needed
- Clear the path of obstacles.
- Employ safe lifting techniques

Pushing and Pulling

- When pushing or pulling objects, use your body weight to assist the movement.
- Keep your back straight and use your legs to generate force

Team Lifting

- For heavy or awkward loads, enlist help
- Communicate clearly and coordinate movements.
- Lift and lower simultaneously to maintain balance and control

Training and Education

- Familiarise yourself with safe lifting techniques
- Ensure you know how to use any equipment
- Stay safe, handle with care
- Never attempt anything beyond your capabilities

Some of the equipment that we may use.

- Make sure you know how to use
- Always ask for training or advice if unsure
- Only use with the permission of the event leader

