

Manual Handling best practice for gardeners

Key things to remember

- ✓ **Wear** grippy, close-toed footwear
- ✓ **Assess** before lifting- if it's too heavy, ask for help
- ✓ **Bend** with your knees not with your back
- ✓ **Use equipment** like wheelbarrows for heavy or bulky loads
- ✓ **Take breaks** when carrying out repetitive tasks
- ✓ **Stop** immediately if you experience an injury and report it



Step 1: Assess

- ? How heavy is the thing I want to move? Can I lift it alone or do I need help?
- ? Is the path I want to walk on clear of obstructions, mud, or loose stones?
- ? Can I use a wheelbarrow or trolley instead of carrying it?



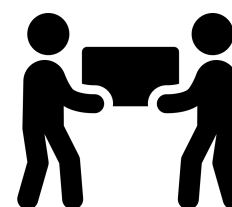
Step 2: Lifting

- ↑ Stand close to the object with your feet shoulder-width apart.
- ↑ Bend with your knees, not with your back.
- ↑ Hold the object firmly and lift using your legs.
- ↑ Keep the object close to your body for better balance.
- ↑ Walk slowly and steadily, avoiding twisting or rushing.



Step 3: Team lifting

- 💬 If an item feels too heavy or bulky to lift on your own, always ask for help.
- 💬 Lift at the same time- communicate clearly: "Ready? 1, 2, 3... Lift."
- 💬 Move at the same pace. If one person is slower, match their pace.
- 💬 Carry the object at waist height.
- 💬 If the object is too bulky to carry as a team, use a trolley or wheelbarrow.



- 🚨 If you feel any pain or unwell while manual handling, stop immediately.
- 🚨 If you or someone else gets injured, stop straight away and inform your supervisor.
- 🚨 If a heavy load is dropped: warn others to stay clear & report the incident to your supervisor.