**Manual Handling Policy**

Manual handling means lifting, lowering, pushing, pulling, carrying, moving, holding any object, animal or person.

* Staff and participants are encouraged to use their common sense and not take unnecessary risks when handling large/heavy objects. IF IN DOUBT, DO NOT LIFT.
* If an object is too heavy, participants are required to seek assistance.
* It is the responsibility of the staff to follow the procedures and assist by identifying manual handling hazards and risks.
* Regular checks to monitor the use of manual handling at the Forest School will be enforced.
* Staff will identify risks and discuss any issues. Past incidents/accident records will be checked regularly.
* Risks to be controlled when designing activities to minimise injury.
* FS leader to demonstrate safe lifting (see risk assessment).
* All participants will be encouraged to follow guidance given by trained Forest School leaders when on site.