



MANUAL HANDLING POLICY FOR HOLT FARM INFANT SCHOOL

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POLICY TO BE REVIEWED January 2027

The Policy was formally adopted by the Governing Board.	Date: 10.02.26
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MANUAL HANDLING (Inc People Handling) POLICY

Purpose

To ensure compliance with the following legislation, including but not limited to the following:

- The Health and Safety at Work etc. Act 1974.
- The Management of Health and Safety at Work Regulations 1999 The Manual Handling Operations Regulations 1992
- The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) 2013 • The Provision and Use of Work Equipment Regulations 1998

This will be achieved by reducing, so far as is reasonably practicable, any risk associated with manual handling operations. This policy will be implemented in conjunction with the school's:

- Health and Safety Policy
- First Aid Policy

Scope

All employees, pupils, volunteers and employed agency staff are included within this policy. This policy takes into consideration the requirements for the movement of both objects and people (including children).

Definitions

According to the Manual Handling Operations Regulations 1992, manual handling means. "Any transporting or supporting of a load (including the lifting, putting down, pushing, pulling, carrying or moving thereof) by hand or bodily force." Manual handling extends to the force required to move or restrain any animate or inanimate object. It also includes any twisting, bending, stretching or other awkward posture you may get in whilst doing a task.

Manual handling can prove hazardous when it has the potential to cause a musculoskeletal disorder. This can be due to repetition of the action, the force and/or posture involved in the completion of a handling task, or a person's ability to hold or grasp the item in a safe and balanced manner.

A hazard is something with the potential to cause harm and a risk expresses the likelihood that the harm from a particular hazard is realised. The risk, therefore, reflects both the likelihood that harm will occur and its severity.

An assessment is a procedure for identifying the level of risks or hazards, which may exist to introduce procedures to eliminate, reduce or control the risk of injury.

Load Handling

In recognition of the fact that manual handling injuries account for a significant number of workplace accidents, Holt Farm Infant School is committed to reducing the risks involved in these operations. Provisions have been made to reduce risks wherever it is reasonably practical, to give appropriate and effective training and guidance and advice to staff on safe

manual handling principles and techniques. Holt Farm Infant School has adopted so far as is reasonably practicable a policy of minimal lifting and handling.

The Manual Handling Arrangements set out a hierarchy of measures which must be implemented to reduce the risks from manual handling.

These measures include: Avoiding hazardous manual handling operations so far as is reasonably practical. Assessing any hazardous manual handling operations that cannot be avoided Reducing the risk of injury so far as is reasonably practical

People Handling

In addition to the measures outlined above the following approach has been adopted: Staff are not required to perform tasks that put them and/or the pupil at risk unreasonably. Pupils should be encouraged to walk wherever possible and picking up of children is not encouraged.

Holt Farm Infant School is committed to safe manual handling for staff through the minimal manual handling policy, providing training, equipment and devising safe systems of work. Wherever possible staff should apply principles of safe handling and moving to prevent injury not only to themselves but also to the pupil.

Notwithstanding the above, it is recognised that, following a suitable and sufficient risk assessment, there may be situations which do require manual lifting of pupils. For example, a pupil's medical condition or in an emergency or a smaller child in distress. Where well intentioned assistance, in consideration of an individual's welfare, is offered and results in injury, damage or loss, employees would not be considered blameworthy unless working outside of their remit of authority and competence. An overall evaluation of the arrangements for specifically identified children will be carried out. If this identifies the need for manual handling, then a more detailed assessment will be completed.

Things to consider:

- parents of pupils are informed of the procedures and advice given to staff as and when manual handling issues need to be varied.
- manual handling tasks are planned (when part of a routine) and if necessary, altered to reduce risk.
- clothing, footwear and personal effects should be minimal; fingernails kept short, loose-fitting clothing which is not revealing.
- every effort is made to involve the pupil and seek their views.
- the Teaching Assistants (TA's) involved in the manual handling will issue 1:1 interaction but instructions are given by the teacher in charge.
- further advice and training are required to ensure that best practice is up to date.
- the school has employed and trained a suitable number of staff to deal with the manual handling issues of the children involved; and
- a PEP (Personal Evacuation Plan) including Emergency/fire drill procedures should be completed for any specific children who have had a Manual Handling risk assessment

completed on them. This must be practised and all relevant staff made aware of the procedures.

Arrangements

To minimise the risk of injury resulting from manual handling operations, so far as is reasonably practicable, the following actions will be taken: Avoidance of manual handling operations
Phoenix Primary School will ensure that, wherever it is reasonably practicable, unnecessary manual handling tasks will be avoided. This will be achieved by appropriate changes to systems of work, pursuing ergonomics and by automating or mechanising the process. Examples include: • arranging tasks to avoid extensive periods of moving and handling. • replacing lifting with sliding techniques. • providing wheelchair accessible vehicles. • issuing appropriate equipment i.e. sack trucks, trolleys, rollers etc.

Training

All staff who are required to undertake, or supervise those who undertake, manual handling activities will participate in an appropriate training programme commensurate with their job activity, which will be evaluated. This training will be organised by the Headteacher/SLT/ Site Management.

Risk Assessments

The process for risk management is to avoid, assess and reduce any hazards. If a risk from manual handling has been identified, a manual handling risk assessment must be carried out and reviewed at regular intervals, the time between reviews being dependent on the nature of the risks.

Where manual handling tasks are necessary and cannot be avoided, an assessment must take place. This involves identifying the hazardous manual handling tasks. This will take account of: • the nature of the load-weight, size, shape, ability to be firmly gripped, balance, and whether the object is animate or inanimate.

- the actions or postural requirements involved in the task, including reaching, leaning and lifting.
- the time, distance, duration and frequency of the task.
- the individual's capacity for manual handling, including their age, skill, experience and strength.
- the environment and workplace conditions such as lighting, access, free space and floor surface; and
- the work organisation at the time of manual handling, the presence of others, time restrictions and availability of others to assist.

Assessments must also be reviewed if there are developments which suggest that they may no longer be valid, if:

- there are changes in the manual handling operation.
- the pupil's needs change.
- the working environment changes; and
- there has been an accident or a "near miss" incident has occurred. Assessments and reviews will form part of staff practice. All significant findings of the assessments will be recorded, monitored and updated as appropriate, and be readily accessible to all staff who need to refer to them.

Records of accidents, incidents and "near misses" and ill health will be monitored to identify if there is an implication for manual handling operations. All accidents and injuries must be reported to the Headteacher/Site Manager. Records of manual handling training provided will be maintained by the Site Manager. For people handling, records of the content of the training should be documented and retained for six years on recommendation from the HSE

Safe Systems of Work

To ensure that risk reduction measures are implemented, the following must be considered:

- avoid manual handling activities wherever possible.
- adhere to safe systems of work which have been designed to reduce the risk of injury.
- fully co-operate with the employer to ensure safe working practices.
- fully utilise mechanical / automatic lifting and carrying aids where possible.
- fully utilise personal protective clothing / equipment.
- ask suppliers to assist when deliveries are made.
- plan your route prior to undertaking the manual handling activity.
- reduce the carrying distances.
- carry lighter or less bulky loads or consider sharing the load.
- vary the work, allowing one set of muscles to rest; and
- request assistance from the Headteacher if unsure about any activity.

Management Responsibility

Headteacher and staff must ensure that:

- alternative measures to undertake the task should be considered to avoid manual handling.
- risk assessments are carried out, reviewed and appropriate records are maintained.
- staff are made aware of their responsibility to follow safe working methods and systems are in place to enable this to be checked at appropriate intervals.
- immediate action is taken where it becomes apparent that an employee is not following safe working systems.

- any manual handling injuries are reported, investigated where appropriate with remedial action taken.
- employees attend the appropriate training programme, and records are maintained by the Site Manager.
- if they have concerns about the use of equipment or any activities, they must speak to their line manager/SLT and or the Headteacher.
- new or expectant mothers require risk assessments to be carried out for six months before childbirth, and after childbirth, to ensure physical injury does not occur during manual handling procedures; and
- pregnant women will not participate in any manual handling which is a cause for concern, either to themselves or the health and safety coordinator.

Employee Responsibility

Employees must ensure that they:

- take personal responsibility to follow safe systems of work and do not risk their own health and safety nor that of others when conducting manual handling operations.
- use any equipment provided to reduce manual handling activities.
- report any problem related to an activity or any defective equipment to the Site Manager or Headteacher.
- in line with legislation designed to protect the safety of employees, report to the Headteacher any personal condition or circumstances which may affect their role. It is also advisable that in the interests of safety to mother and baby, the Headteacher is informed of pregnancy at the earliest opportunity.
- adhere to safe systems of work as defined within the manual handling risk assessments.
- comply with the findings of a risk assessment if it requires the wearing of Personal Protective Equipment (PPE); and
- speak to the headteacher if there are any concerns on the use of equipment or any aspect of the risk assessment.

General Requirement

All staff referred to within the scope of this policy are required to adhere to its terms and conditions. Individual senior staff are responsible for ensuring that this policy is applied within their own workplace. Any queries on the application or interpretation of this policy must be discussed with the Headteacher or Site Manager

Manual Handling Training

How to handle and lift loads

The following guidance illustrates how to perform a basic lift safely, using both hands, lifting a load in front of and close to your body, without twisting. These principles can be adapted to suit the actual task.

Think before handling/lifting. Plan the lift/handling activity. Where is the load going to be placed? Use suitable handling aids where possible. Will you need help with the load? Remove obstructions, like discarded wrapping materials. For long lifts, for example from floor to shoulder height, think about resting the load mid-way on a table or bench to change grip.



Keep the load close to your waist for as long as possible while lifting. Keep the heaviest side of the load next to your body. If you can't get close to the load, try to slide it towards your body before you try to lift it.



Adopt a stable position. Your feet should be apart with one leg in front of the other (alongside the load if it is on the ground) to increase stability. You should be prepared to move your feet during the lift to keep a stable posture. Wearing overtight clothing or unsuitable footwear may make this difficult.



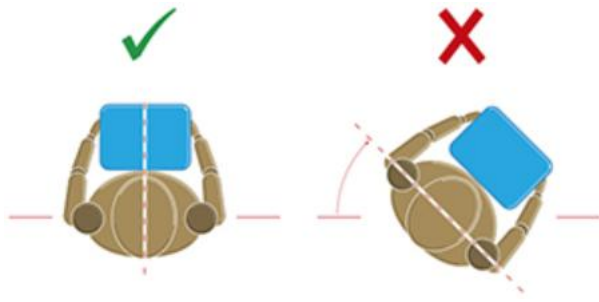
Ensure a good hold on the load. Where possible, hug the load as close as possible to your body. This may be better than gripping it tightly with just your hands.

Slight bending of your back, hips and knees at the start of the lift is preferable to either fully flexing your back (stooping) or fully flexing your hips and knees (full/deep squatting).

Don't flex your back any further while lifting. This can happen if your legs begin to straighten before you start to raise the load.



Avoid twisting your back or leaning sideways especially while your back is bent. Keep your shoulders level and facing in the same direction as your hips. Turning by moving your feet is better than twisting and lifting at the same time.



Keep your head up when handling. Look ahead not down at the load once it is held securely.



Move smoothly. Do not jerk or snatch the load as this can make it harder to keep control and can increase the risk of injury.

Don't lift or handle more than you can easily manage. There is a difference between what people are able to lift and what they can safely lift. If in doubt, seek advice or get help.

Put down, then adjust. If you need to precisely position the load, put it down first, then slide it into the desired position.

