



Operation Jericho

Manual handling and lifting of stone

All volunteers will be given instruction on the safest methods of the manual lifting and handling of stone before undertaking any activities on site as it is relevant not only for handling stone but for any large object on site.

This sheet is intended to give all volunteers key summary advice prior to instruction on site.

1. Assess the stone / heavy object
 - Is it within your capacity to lift without difficulty?
 - How is it likely to balance?
 - Can you get a good grip?
 - Is it likely to break?
2. Correct stance
 - Feet slightly apart
 - Bend properly to avoid repetitive strain
 - Work on solid footing – not uneven / slippery ground or rubble
3. Secure hand holds
 - Ensure a good grip on the stone
 - Consider whether gloves help or hinder your grip
 - Consider consequences of losing your grip
4. Straight back
 - Keep back straight
 - Bend knees
 - Thighs are strongest muscles
 - Lift straight and close to body
5. Head upright
 - Keep head upright – trunk follows
6. Timing and rhythm
 - Single fluid movements
 - Keep stone close to body
7. Do not twist
 - Avoid twisting from the waist even with small stones
 - Reposition and turn on feet instead
 - This is a major cause of back injury to wallers
8. Know yourself
 - Do not attempt to be superwoman or superman

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- Do not lift any stone/weight you are not comfortable with – seek assistance
 - Remember the risk of repetitive strain – especially if you are with us for several days

9. Co-operation

- Agree with partner how to lift and final destination
- Use “1-2-3 Lift!” to lift in unison
- Warn partner if you are losing grip or likely to drop

Please do take some time to study the above. Whilst most of it is common sense it is very important. A major back injury could affect you for the rest of your life and that is the last thing anyone would wish.