



**FOODBANK SA & NT
HEALTH & SAFETY AT
THE ROYAL ADELAIDE SHOW**

THINK SAFETY

FOODBANK SA & NT IS COMMITTED TO PROVIDING A SAFE WORKING ENVIRONMENT ONSITE OR AT EVENTS.

We will ensure that we conduct our operations in a manner that does not put the health and safety of any person at risk.

When you volunteer with us here at Foodbank, it goes without saying that you will return home healthy and without injury. But unfortunately, incidents do happen, so we have to always **think safety** while completing our duties and be aware of potential hazards.

Some of the main threats to your safety, to consider and be aware of, include:

- » manual handling,
- » safety when driving,
- » being observant and cautious of hazards around us and;
- » slips, trips and falls.

Incidents can be prevented, everyone is responsible for their health, safety and wellbeing. It is most important to be aware of your surroundings, read, understand and follow our policies and procedures and make responsible decisions about your health.

If something looks too heavy, ask for help, if you are feeling tired, have a rest, and if items are not properly packed and loaded, it is your right to refuse to pick them up.

MANUAL HANDLING

Manual Handling is any activity requiring the use of force exerted by a person to lift, lower, push, pull, carry or move an object. Manual handling injuries are one of the most common forms of injuries in the workplace but by following some basic safety steps, occurrence of manual handling injuries can be dramatically reduced.

HERE ARE OUR STEPS FOR BETTER MANUAL HANDLING:

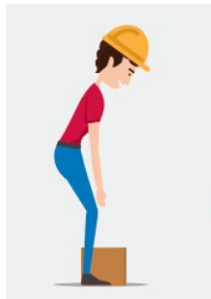
STEP 1: Plan and check for dangers to yourself or others.

STEP 2: Check your balance and position. Is the load balanced? is it stable? Is it within your weights? Is it easy to grip?

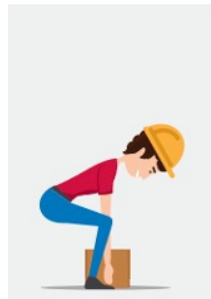
STEP 3: When lifting items use your leg muscles – not your back. Squat down, bending at the hips and knees only. Your feet should be wide apart, head and back upright. Slowly lift by straightening your hips and knees. Keep abdominal muscles tight and bear the load in close to your body.

STEP 4: Do not jerk- keep the movement smooth. DO NOT twist, turn or bend your back when lifting, carrying or lowering any load. Take rests when required.

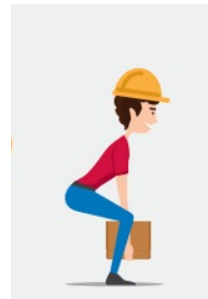
STEP 5: When moving your load, move from your feet. Smoothly and carefully move your legs and feet when turning or lowering the load. Avoid twisting at your waist.



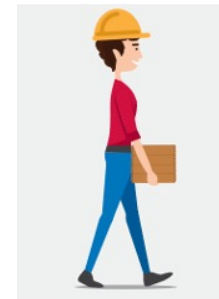
**CHECK
SURROUNDINGS
FOR DANGERS**



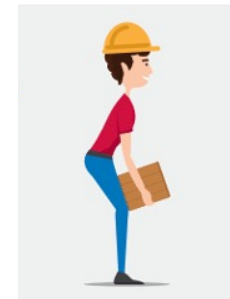
**CHECK BALANCE
AND POSITION**



**LIFT WITH YOUR
LEGS - NOT
YOUR BACK**



**DO NOT TWIST
WHEN CARRYING**



**CAREFULLY
LOWER THE LOAD**

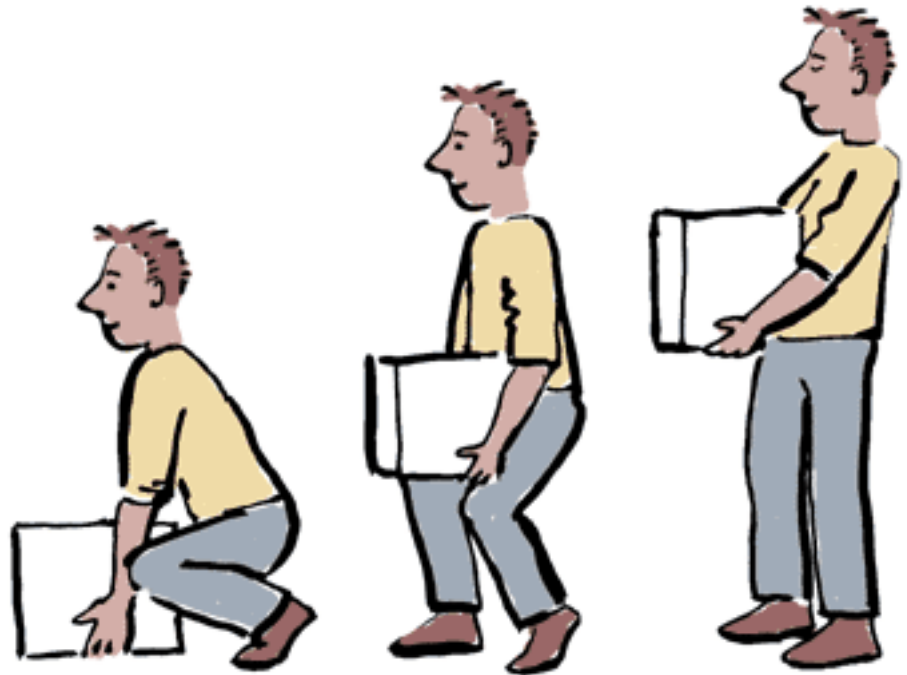
MANUAL HANDLING

X



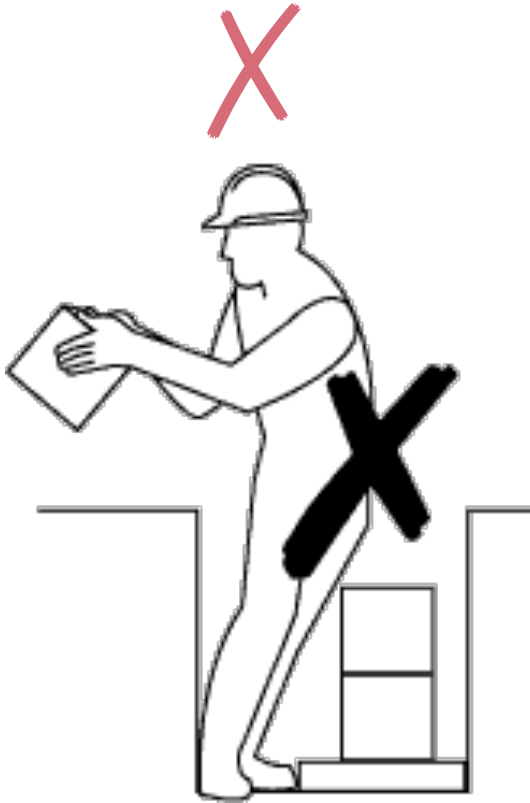
DO NOT USE YOUR BACK

✓

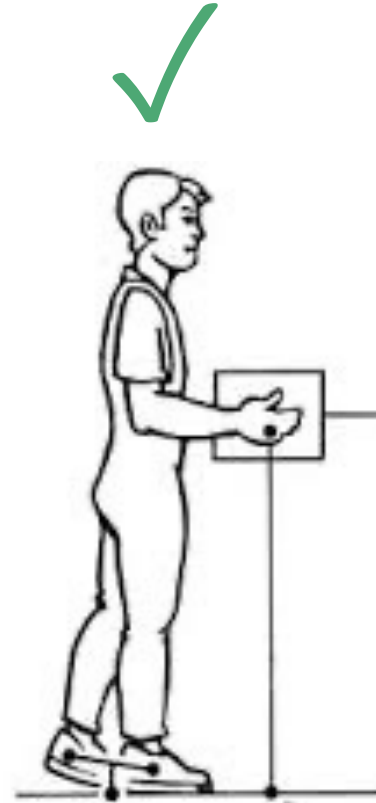


DO USE YOUR LEGS

MANUAL HANDLING



DO NOT TWIST WHEN LIFTING



DO TURN WITH LEGS

MANUAL HANDLING

To prevent manual handling injuries, it is important to ensure every volunteer is informed of the correct lifting and moving procedures.

If something looks too heavy, ask for help. It is your right to refuse to pick them up.

DON'T LIFT BULKY OR HEAVY LOADS ALONE.

Doing so puts great stress on your low back muscles and spine.



DO LIFT HEAVY LOADS AS A TEAM.

This reduces the risk to personal injury



DO USE MANUAL LIFTING AIDS IF AVAILABLE

Hand trucks, dolly's or forklifts are available to do the heavy lifting. Doing this is a safe and smart way to work, it is much less work and less risk of injury. **Forklift use is by trained operators only.**



Thank you for joining us in our mission to end hunger in South Australia and the Northern Territory.



Any Questions?

Contact your event coordinator or
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www.foodbank.org.au

