

Manual Handling in Athletics

“Manual Handling” is the moving of loads. Loads can be equipment or people. Moving can be pushing, pulling, lifting and carrying.

There are a number of times when manual handling could be a problem for officials, athletes and coaches. The most obvious examples of manual handling activities would be getting equipment or implements from storage and setting up equipment.

Good practice

Think before moving anything.

- Should I be moving it, or should it be the venue responsibility?
- Is there a way to reduce the weight or distance moved?
- Can a handling aid (e.g. trolley) be used?
- Is this an item I can move alone?
- Is the route clear?
- Is anyone else affected by the activity?
- Can I put the item down safely?



What you can physically lift is different to what is safe to move. If manual handling is unavoidable:

- Keep the load close to your waist
- Make sure you are in a stable position
- Avoid twisting or bending whilst lifting

Practical examples –

- Moving landing beds for jumps activities should be done by the venue operator who will have a safe method for doing this
- Moving hurdles should be done using a trolley
- Moving shots should be done using a throws trolley



Key message

Think about moving objects or people, avoid if possible, get help where possible and if in any doubt, don't do it.

Poor manual handling can cause musculoskeletal disorders (MSD) – more information on MSD's and manual handling is available from the HSE at <https://www.hse.gov.uk/msd/>

More support is available via the Health and Safety Helpline supported by the Royal Society for the Prevention of Accidents- you can call 0121 248 2235 or email athleticsafety@RoSPA.com