SAFE OVER SUMMER

Manual Handling

Security

Security roles combine long periods on foot with sudden manual handling demands — restraining, guiding, lifting barriers, pushing equipment, and responding to incidents. Fatigue and adrenaline can drive poor technique if controls aren’t in place.

Primary Risks & Hazards to Spot

- Sudden force when restraining or intervening
- Pushing/pulling heavy gates, bollards, or trolleys
- Carrying equipment or first-aid kits unevenly
- Twisting when opening weighted doors or moving obstacles
- Fatigue from long patrols or standing for extended periods

Discuss / Share:
Which tasks tend to “catch you off guard” physically?
What manual tasks occur most during late shifts?

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Critical Controls

- Warm up shoulders, hips, and lower back before patrols
- Push, don’t pull — especially with trolleys, barricades, or heavy doors
- Stay close to the load; avoid reaching past your centre of gravity
- Use two-person approach for heavy or awkward items
- Maintain neutral stance during conflict response; avoid twisting under load
- Rotate static and mobile duties to reduce fatigue

Discuss / Share:
What manual tasks are hardest to manage solo?