Manual Handling (Security)

Security work can involve sudden manual handling demands after long periods on foot. Fatigue and adrenaline can affect technique if controls aren't in place.

Stay close to the load. Use two people for heavy or awkward items.

Primary Risks & Hazards to Spot



- **Sudden force when restraining or intervening**
- **Carrying equipment unevenly**



- **Pushing/pulling heavy gates, bollards or trolleys**
- **Twisting when opening weighted doors or moving obstacles**



- **Fatigue from long patrols or standing for extended periods**

Social Infrastructure & Citizen Services

Where might this happen in our work environment?



Incident response: restraining, guiding or intervening can involve sudden force and twisting under load.



Gates and access points: pushing or pulling heavy gates, bollards, barricades and weighted doors can involve awkward loads.



Patrols and equipment: long periods on foot or standing can cause fatigue. Carrying equipment unevenly adds strain.

Where else?

What manual tasks catch you off guard or are hardest to manage solo?

What can we check to protect?

1. **Are we ready for the task?**
   Warm up shoulders, hips and lower back before patrols. Rotate static and mobile duties to reduce fatigue.
2. **Can we move the load safely?**
   Push, don't pull, especially trolleys, barricades or heavy doors. Keep the load close. Use two people for heavy or awkward items.
3. **Is our stance safe?**
   Keep a neutral stance during conflict response. Avoid twisting under load or reaching past your centre of gravity.

Which manual handling control will you use on your next shift?

Social Infrastructure & Citizen Services

Your safety comes first

The SI&CS Health, Safety and Wellbeing Team is here to help.

You don’t have to work through a safety concern alone.

Ask for support when:

You’re unsure

We can help you understand a hazard and discuss a safer way to work.

Something happens

We can help with hazard, incident and near-miss reporting and next steps.

You need support

We can work with you and your supervisor or manager to address health, safety and wellbeing concerns.

Do you know who is your HSW Business Partner?

Stop if the work is unsafe

Pause the task and move to a safe place. Speak up if something feels unsafe or you are unsure.

Notify your supervisor or manager

Report hazards, incidents and near misses promptly, even if no one is hurt. Explain what happened, where it is and who may be at risk.

Do not continue unsafe work

Keep the task stopped until the risk is addressed and your supervisor or manager confirms a safe way forward. Ask for help if you are unsure.