



General Welfare Requirement:
Safeguarding and Promoting Children's Welfare

Suitable Premises, environment and equipment, outdoor and indoor spaces, furniture and toys must be safe and suitable for purpose

Manual Handling

Policy statement

At Cherry Blossom Nursery and Preschool we recognise that staff need to carry out manual handling especially in relation to lifting children. A variety of injuries may result from poor manual handling and staff must be aware and adhere to the nursery's manual handling policy. We instruct all staff in correct handling techniques and expect them to follow these to minimise the risk of injury.

Preventing Injuries

As with other health and safety issues, we recognise that the most effective way of prevention is to reduce or remove the need for manual handling .

Wherever possible, we review the circumstances or re design the workplace so that lifting/ carrying heavy loads is limited.

Where manual handling tasks cannot be avoided eg lifting children we carry out a risk assessment.

Our manual handling assessment considers the following:

- The tasks to be carried out
- The load to be move - including children
- The environment in which handling takes place
- The capability of the individual involved in the manual handling

We expect the staff to use the following guidance when carrying out manual handling in order to reduce the risk of injury.

Planning and procedure

- Think about the task to be performed and plan the lift.
- Consider what you will be lifting, where you will put it, how far you are going to move it and how you are going to get there.
- Never attempt manual handling unless you have read the correct techniques and understood how to use them.
- Ensure you are capable of undertaking the task - people with health problems and pregnant women may be particularly at risk of injury.
- Assess the size, weight and centre of gravity of the load to make sure that you can maintain a firm grip and see where you are going.

- Assess whether you can lift the load safely without help. If not, get help or use specialist moving equipment eg a trolley bear in mind it may be too dangerous to lift some loads - sometimes it will be possible to empty the large boxes and take the contents out rather than moving the heavy box.
- If more than one staff member involved, plan the lift first and agree who will lead and give instructions

Date: 10/10/2025

Karen Elliott

Hayley Donoghue