



Moving Apparatus Safely

A visual guide for
teachers and
students in Norfolk
schools.




Correct Lifting Technique

- Pupils need to know how to lift equipment safely so that they do not injure themselves. This also establishes good techniques which will help pupils when they grow up.

[General Teaching Requirements NC 2000 and Knowledge and Understanding of Fitness and Health NCPE 2000]

- 106 million work days alone were lost in 2003 to people having to take days off work from back pain / injury

Use your legs - not your back

- **INCORRECT** 
Here the pupil is bending only at the waist and is trying to lift the weight of the mat with their back only.

This is highly dangerous and should be avoided. Take the time to help your children learn how to lift correctly - it could save them from chronic back ache in later life.

[Knowledge and understanding of Fitness and Health]



Correct Lifting Technique.

- CORRECT

Here the pupil is bending their legs in order to lift. This brings into play the larger muscles of the legs.

There is no stress on the vulnerable area of the back.

The back is kept straight.

It sometimes helps to tell pupils to “pull their shoulders back”.



Lifting a Bench

- The most important rule!

**NEVER LIFT
A BENCH AT
THE ENDS**
as in the picture



Correct Lifting Positions

For this bench we have used 5 pupils (Yr 3).

Pupils are spread around the bench in a “w” shape, with 2 on one side and 3 on the other

Encourage pupils to have toes near the bench



Safe Positioning and lifting



Pupils nearest the ends are at most risk during lifting and lowering from the benches feet.

Point pupils to the white rubber pads on the top. These can help to show where the legs are.

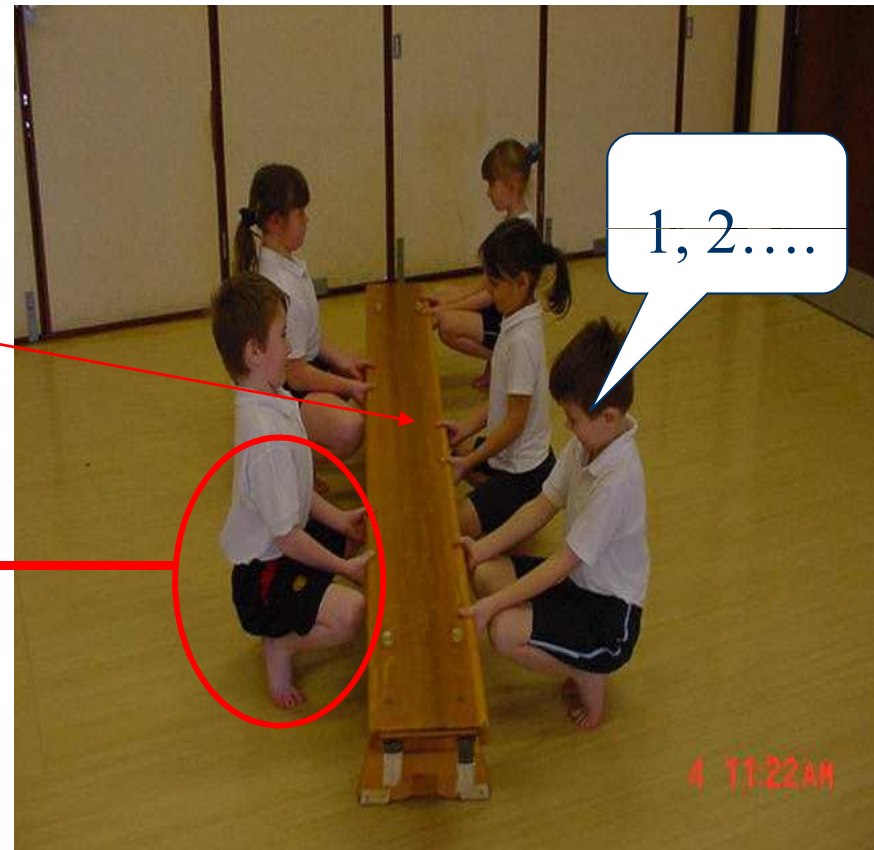
Because of this one of the pupils at the end should be the leader - helping all to lift safely.

He or she will say....
"1, 2, 3, Lift!"

Getting Ready to Lift

Pupils need to:

- Place fingers under benches side, so thumbs are on top
- Knees are bent and backs are straight



The Whole Sequence in Action



Watch for the
straight backs.

Listen to the
Leaders commands.

Notice the hips
swivel to allow
movement

● Click on Screen for Action!

Use this approach to.....

Lift other apparatus...

Such as Mats (6'x4')

Spread pupils along the longer sides of mats.

When they lift they will avoid folding or creasing the mat, this causes damage to the foam inside.



Use this approach to.....

- To lift Trestles

Notice how the pupils are still along the longer side even though there is no bar. Look at how the children are holding the legs.



Use this approach to.....

Carry smaller mats

- Here the mats are light weight 3x2 chipfoam.

The pupils are still down the longer side. They are holding their arms slightly wider to ensure that the mat does not bow too much, creasing the mat.

