

Course Description

Proper lifting and material handling are essential skills for horticulture staff, helping to prevent injuries and promote efficiency in garden operations. This course introduces the principles of safe lifting, including body mechanics, posture, and risk assessment, while emphasizing the importance of awareness, preparation, and teamwork.

The course provides a foundation for understanding when and how to lift safely, how to assess weight and size, and how to use available tools or assistance effectively. You will gain practical knowledge to protect your own health and support a culture of safety across teams.

Learning Objectives

After taking this course, you will be able to:

1. Explain the importance of proper lifting techniques for personal safety and team efficiency.
2. Assess the weight, size, and shape of objects before lifting to determine the safest approach.
3. Demonstrate correct body mechanics, posture, and hand placement for lifting, carrying, and lowering objects.
4. Identify situations where assistance, mechanical aids, or alternative methods are needed.
5. Recognize common lifting mistakes and understand strategies to avoid them.
6. Apply safe lifting principles in a variety of scenarios, including team lifts and volunteer coordination.
7. Communicate and model safe lifting practices to colleagues, volunteers, or team members.
8. Integrate safety awareness into routine work planning and task execution.
9. Consider long-term health and sustainability when handling materials, reducing strain and risk over time.