

PREPARATION



This is a repetitive task and requires moderate to high levels of force. It can also be awkward in nature depending on the environment.

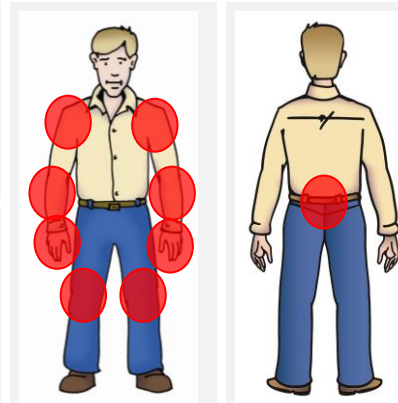
It is important to adopt the optimal posture, use the correct equipment, and take task breaks to change your posture.

STRETCHES



Perform stretches before, during (if appropriate) and after undertaking the task. Ease off on the stretch if you experience pain. STOP if you continue to experience pain and seek medical advice.

HOT SPOTS & KEY POINTS



Choose the correct tool for the job.

Use a crowbar to loosen hard rocky earth.

Avoid using straight blade tools to break through hard dirt types.

Use a long handled shovel to dig holes.

Check that the blade is sharp and not damaged. This will reduce the effort you need to exert.

Consider how many holes need to be dug and the conditions.

- Rotate regularly with workmates to reduce the load on your body;
- Pace yourself when performing the task frequently throughout the day.

Take short breaks to rest your body from the jarring forces.

WORK PRACTICE



When using a crowbar ensure you stand in a **forward lunge** position.

Use shorter thrusting movements where possible. Keep your hands between waist and head height as you lift the crow bar.



As you thrust the crowbar into the ground, **semi-squat** slightly with relaxed knees.

Loosen your grip a little on the bar as it hits the ground.

Avoid using large, forceful movements.



When digging holes stand in a **forward lunge** position. Use your foot to dig the shovel into the ground. Transfer your weight onto the shovel head to help drive it in.

Lunge backward, semi-squat slightly and **brace** the shovel against your body to engage the blade.



Push through your legs to lift the shovel head. Keep your chest upright and turn the shovel handle to deposit the dirt alongside the hole.

DO NOT throw the material behind your body.

Use a **side lunge** to scrape material into the hole or level off the top soil.

