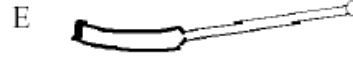
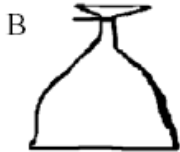
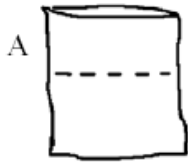


GUIDANCE FOR FILLING AND LAYING SAND BAGS

Health & Safety



1. Always use gloves when filling or laying sand bags.
2. Never lift more weight than you can easily manage.
3. Use proper lifting techniques, keep your back straight, bend your legs, keep the weight equally dispersed and carry the load close to the body.
4. Use a wheelbarrow or other carrier to move the bags.
5. Stop work if you feel faint or have chest pains, consult your doctor if the symptoms persist.
6. Seek help if you have disabilities or need assistance with laying sand bags at your property. The Council may be able to assist depending on available resources at the time.

Sand bags should be laid flat like a paving slab and not stood upright. Follow these simple rules to get the best results.

1. Only fill the sand bags to a little over half way.
2. Tie the bag as close to the neck, this lets the sand spread out when you lay the bag down.
3. Lay the bag down flat, never leave it stood upright.
4. Tuck the neck of the bag under the bag before laying flat.
5. Use a shovel to pat the sand bags down firmly. Build up a well constructed single bag defence line. Make a second row next to the first if you have the time and resources.