The following information is provided and combined from Worksafe, US Army Corps of Engineers, and American council of Exercise.

Safety Tips for Leaders and Volunteer Workers: stay safe and injury free while helping others. This is a great workout for your body!

- Individuals with a medical condition that would make it dangerous for him/her to participate should avoid taking part.
- Take regular water breaks.
- Be attentive of large equipment moving in the area.
- Be aware of floodwater dangers:
  - Contamination
  - Varying water flow and strong undercurrents
  - Floating debris
- Adhere to proper sandbag handling technique:
  - Do not bend more than 20 degrees in any direction while handling sandbags. Stand up using your leg muscles, keep arms and elbows close to the body. Keep legs shoulder width apart.
  - Keep heavy weights below shoulder height, above knees and close to the body. Limit reaching with arms when passing the sandbags.
- Pivot feet and do not twist through the back while handling sandbags.
- Do not throw sandbags. When lowering sand bags, bend at the knees not your back.

Filling Sandbags

- Fill sandbag to half its capacity (no more than 40 lbs) with sand, clay or silt.
- Fold or tie the flap (tying or sewing is not necessary).
- Do not drag the bags (this could cause lower back injury and bag to weaken).
- When forming a line to pass sandbags, face each other and stand no more than one to two feet apart. If there are not enough people to form a continuous line, use a wheelbarrow to move sandbags.

Stretching techniques for you Body Post sandbagging

Here are some very basic stretches for the whole body. You should hold each stretch for 45-60 seconds at a time. Please remember not all stretches are right for everyone.