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		Revision	00
		Date	15/05/2025
This manual aims to guide the user in the safe and efficient use of this product.			

1. IDENTIFICATION OF THE WORK AND TASKS

Knee pads designed to protect the knees during gardening, DIY, and extended tasks on the ground, providing comfort, insulation, and reduction of joint pressure.

2. RISK ASSESSMENT

2.1. Risk Identification

1. Ergonomic and Postural Risks
 - Pain or injuries in the knees from prolonged contact with hard surfaces.
 - Muscle overload in the back and shoulders due to sustained postures.
 - Rashes, irritations, or abrasions from repeated friction or poor fit.
2. Risks of Falls, Trips, and Loss of Control
 - Instability or slipping when moving with knee pads on wet or uneven surfaces.
 - Trips if straps are loose or improperly adjusted.
3. Chemical Risks and Environmental Contact Risks
 - Skin irritations or abrasions from prolonged use or poor fit.
 - Reactions from contact with damp soil, fertilizers, or plants.
4. Risks from Poor Condition or Incorrect Use
 - Loss of protective capacity due to padding wear or strap breakage.
 - Risk of injury if used for purposes other than those intended.

2.2 Risk Assessment

Hazard	Consequence	Probability	Severity	Risk
Ergonomic / Postural	Knee pain, muscle overload	High	Medium	High
Falls, trips, loss of control	Slips, falls, trips	Medium	Medium	Medium
Chemical / Environmental	Chafing, skin reactions	Medium	Low	Low
Poor condition / Incorrect use	Loss of protection, joint injuries	Medium	Medium	Medium

2.3. Preventive Measures for Identified Risks

1. Ergonomic / Postural Risks
 - Alternate postures and take regular breaks to avoid overload.
 - Keep the back straight and change position every so often.
2. Falls, Trips, Loss of Control
 - Adjust the straps correctly to prevent movement.
 - Avoid moving with knee pads on wet or slippery surfaces.
 - Inspect the ground before kneeling.

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3. Chemical / Environmental Risks

- Wear work pants to reduce direct friction with the skin.
- Remove the knee pads periodically to allow the area to ventilate.
- Keep them clean to prevent the buildup of dirt or moisture.

4. Poor Condition / Incorrect Use

- Check the padding and straps before each use.
- Replace worn or damaged knee pads.
- Do not use them for protection against heavy impacts (they are not designed for that purpose).

2.4. Corrective Measures in Case of an Accident

1. Postural Injuries or Overexertion

- Stop the task if pain in the knees or back appears.
- Perform gentle stretches and rest.
- Consult a doctor if the pain persists.

2. Falls, Trips, or Loss of Control

- Stop the activity and check for injuries.
- Ask for help if it is not possible to move safely.
- Inspect the work area before continuing.

3. Chemical / Environmental Accidents

- Remove the knee pads immediately.
- In case of contact with chemicals on the ground, wash the affected area immediately.
- Wash the area with water and mild soap.
- Consult a doctor if the irritation does not disappear.

4. Accidents Due to Poor Condition or Incorrect Use

- Do not continue using broken knee pads or those without effective padding.
- Replace them before resuming the task.

2.5. Evaluation of the Effectiveness of the Measures

- The effectiveness of these measures will be evaluated by ensuring that, after their implementation, the situation has been safely controlled and the user has received the necessary care.
- It is also recommended to periodically check the condition of the knee pads and compliance with safety regulations, adjusting the measures if new risks arise.

3. INSTRUCTIONS FOR USE

3.1. Aspects to Consider in the Preparation for Use

- Check that the knee pads are in good condition and have no visible damage.
- Adjust them properly so they are firm but comfortable.

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- Wear appropriate pants to enhance protection.
- Avoid working on slippery surfaces without safety footwear.

3.2. Aspects to Consider During Use

- Maintain a comfortable and stable posture when kneeling.
- Avoid walking long distances with knee pads on.
- Take frequent breaks to rest the knees and back.
- Keep the work area clean and free of objects that could cause trips.

3.3. Warnings

- They do not provide protection against heavy impacts or falls from height.
- Keep out of reach of children.
- Do not use under the influence of alcohol, drugs, or medication.
- Wear safety footwear when working outdoors.
- Refer to the instruction manual.



4. MAINTENANCE AND STORAGE

4.1. Cleaning

- Clean with a damp cloth after each use.
- Let air dry; do not use direct heat.

4.2. Condition Check

- Check the condition of the padding and straps.
- Replace if there are tears, loss of elasticity, or excessive wear.

4.3. Storage

- Store in a dry, ventilated place protected from moisture.
- Keep away from heat sources.

4.4. Specific Maintenance

- Do not perform makeshift repairs that may compromise safety.

4.5. Recycling and Environment

- Manage according to local textile/plastic waste regulations.
- Do not leave in the natural environment.

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5. CONTACT AND SUPPORT

If you have any questions or need further assistance, please feel free to contact our customer service:

- **Email:** comercial@bellota.com
- **Phone:** 0034 943 73 90 00
- **Website:** www.bellota.com

We appreciate your trust in our products and are committed to ensuring your safety and satisfaction.