



MANUAL HANDLING



LIFT WITH YOUR LEGS
KEEP YOUR BACK STRAIGHT
KNOW YOUR LIMITS



ASSESS your task FIRST

ASK: Can you fit your shoulders over the load? Clear any obstacles from your path and know where obstacles will be in an unclear path.



Position your feet apart

Ensure your legs are shoulder width apart for maximum support. Walk in small steps to maintain shoulder width placement.



TIGHTEN your abs

Using your core abdominal muscles will hold you in the proper lifting position and reduce strain on your spine.

LIFT with your LEGS

Bend at the knees & hips not your back - Your leg muscles are stronger than your back and can withstand greater force. This is known as the Sorel Squat Technique (Squat Lift).

Keep your back STRAIGHT

When you keep your back straight (neutral) your legs carry the majority of the weight making you less likely to injure your back.



HOLD the object at waist level and close to the body

Your arms and your back are better equipped to lift a heavy object at waist level and closer to your body than at any other height, similar to how your body.

Avoid lifting overhead or from below knee height

The risk of injury increases when objects are lifted from overhead or below knee height. Avoid carrying objects at these heights when possible.



Don't BEND or TWIST while you are lifting or carrying

Improper bending or twisting could throw you off balance or cause injury.

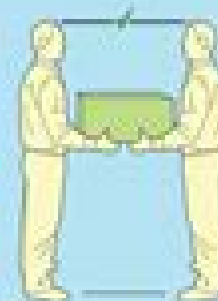


REDUCE the size of the load when possible

When possible reduce the size of the load or object or make smaller but more frequent trips, e.g. stretch a heavy load into smaller sections.

Use lifting aids

When possible use mechanical aids or get help to lift or carry a heavy load whenever possible. Options include: strapping, conveyor belts, trolleys, cranes or forklifts.



Two person lifts

When lifting with two or more people ALWAYS ensure people of same size and strength for manual handling tasks.

LIMIT

KNOW your limits!

Ask for help. If you cannot lift an object, don't. Even if the object is not heavy, if it is extremely large or unstable, it can be difficult to lift. It is better to ask and ask for assistance than to try and lift something that could potentially cause injury.

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Manual Material Handling Safety Tips

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Manual Material Handling Safety Tips:

Safety in Manual Materials Handling, 1978 *Storage and Materials Handling Handbook* United States. Navy Department. Bureau of Supplies and Accounts, 1956 **Mechanical and Electrical Safety Management** Mr. Rohit Manglik, 2024-05-18 EduGorilla Publication is a trusted name in the education sector committed to empowering learners with high quality study materials and resources Specializing in competitive exams and academic support EduGorilla provides comprehensive and well structured content tailored to meet the needs of students across various streams and levels

Storage and Materials Handling United States. Department of Defense, 1955 This manual enunciates sound basic principles of good warehousing and translates principles into standard methods procedures and techniques which have proved by long experience to be the most efficient and effective in the storage and handling of military supplies

Technical Manual United States Department of the Army, 1955 *Material Handling Systems* Charles Reese, 2000-05-11 This book points out the safety and health concerns as well as the regulatory requirements for safe material handling Many material handling venues are discussed from cranes to industrial robots This diverse approach to material handling safety will be of interest to those who are responsible for safety or having material handling as a major component of their operation *Ergonomic Guidelines for Manual Material Handling* Department of Health and Human Services, Centers for Disease Control and Prevention, National Institute Safety and Health, 2014-04-22 Manual material handling MMH work contributes to a large percentage of the over half a million cases of musculoskeletal disorders reported annually in the United States Musculoskeletal disorders often involve strains and sprains to the lower back shoulders and upper limbs They can result in protracted pain disability medical treatment and financial stress for those afflicted with them and employers often find themselves paying the bill either directly or through workers compensation insurance at the same time they must cope with the loss of the full capacity of their workers Scientific evidence shows that effective ergonomic interventions can lower the physical demands of MMH work tasks thereby lowering the incidence and severity of the musculoskeletal injuries they can cause Their potential for reducing injury related costs alone makes ergonomic interventions a useful tool for improving a company s productivity product quality and overall business competitiveness But very often productivity gets an additional and solid shot in the arm when managers and workers take a fresh look at how best to use energy equipment and exertion to get the job done in the most efficient effective and effortless way possible Planning that applies these principles can result in big wins for all concerned This booklet will help you to recognize high risk MMH work tasks and choose effective options for reducing their physical demands Illustrated inside you will find approaches like Eliminating lifting from the floor and using simple transport devices like carts or dollies Using lift assist devices like scissors lift tables or load levelers Using more sophisticated equipment like powered stackers hoists cranes or vacuum assist devices Guiding your choice of equipment by analyzing and redesigning work stations and workflow **Safety and Health at Work**

,2002 **Manual Handling** New Zealand. Occupational Safety & Health Service,1991 *Professional Safety* ,2002-07

Guide to Manual Materials Handling A. Mital,2017-10-19 Manual Materials Handling MMH creates special problems for many different workers worldwide Labourers engaged in jobs which require extensive lifting lowering carrying and pushing pulling of heavy materials have suffered increasing rates of musculo skeletal injury especially to the back This guide is intended to include all activities involved in MMH lifting pushing pulling carrying and holding Recommendations are provided in the form of design data that can be used to design different MMH work activities The guide is divided into two parts Part I outlines the scope of the problem discusses the factors that influence a person s capacity to perform MMH activities and or should be modified to reduce the risk of injuries and reviews the various design approaches to solving the MMH problem Part II provides specific design data in six distinct chapters The seventh chapter of Part II of the guide describes various mechanical devices that are available to aid MMH activities The guide is aimed at all concerned with the health impact of MMH activities occupational health and safety workers senior human resource managers ergonomists workers compensation lawyers union representatives **Occupational Health and Safety Technical Assistance Manual** ,1993 Loss Prevention & Loss Control Program Manual ,2003 **Workers' Compensation Loss Prevention and Loss Control Program Manual** ,1996 *Employment Safety and Health Guide* , Includes original text of the Occupational safety and health act of 1970 National Safety News ,1923 **Workers' Compensation Loss Prevention & Loss Control Program Manual** ,1997 **Ergonomics for Therapists** Karen Jacobs,Carl M. Bettencourt,1995 Ergonomics for Therapists 3rd Edition is a comprehensive introduction to ergonomics in the workplace Thoroughly revised with the latest ergonomic techniques and strategies this reader friendly resource gives you the foundation you need to help clients maximize efficiency and prevent workplace injuries before they occur Rigging Equipment: Maintenance and Safety Inspection Manual Joseph MacDonald,2010-10-05 Safely maintain and operate rigging equipment Rigging Equipment Maintenance and Safety Inspection Manual is a must have for rigging contractors facility managers and equipment operators Featuring regulations standards guidelines and recommendations applicable to critical lifts this practical guide provides maintenance and safety inspection checklists for rigging equipment components and systems and addresses the required training planning and documentation The safe rigging practices recommended in this book are framed in general terms to accommodate the many variations in rigging practices Coverage includes Operating rules rigging hazards OSHA regulations consensus standards and industry guidelines Operator qualifications safe operating practices and operating procedures Planning and preparation before performing rigging Lifting and hoisting equipment and rigging and scaffolding systems Ladders stairways ramps hand and power tools and electrical systems Maintenance schedules care and safe operation of equipment Inspection checklists for rigging equipment before during and after use Testing certification and registration of rigging equipment Preventive maintenance recordkeeping based on equipment manufacturer s recommendations Proper use of personal safety and

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Table of Contents Manual Material Handling Safety Tips

1. Understanding the eBook Manual Material Handling Safety Tips
 - The Rise of Digital Reading Manual Material Handling Safety Tips
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Material Handling Safety Tips
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Material Handling Safety Tips
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Material Handling Safety Tips
 - Personalized Recommendations
 - Manual Material Handling Safety Tips User Reviews and Ratings

- Manual Material Handling Safety Tips and Bestseller Lists
- 5. Accessing Manual Material Handling Safety Tips Free and Paid eBooks
 - Manual Material Handling Safety Tips Public Domain eBooks
 - Manual Material Handling Safety Tips eBook Subscription Services
 - Manual Material Handling Safety Tips Budget-Friendly Options
- 6. Navigating Manual Material Handling Safety Tips eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Material Handling Safety Tips Compatibility with Devices
 - Manual Material Handling Safety Tips Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Material Handling Safety Tips
 - Highlighting and Note-Taking Manual Material Handling Safety Tips
 - Interactive Elements Manual Material Handling Safety Tips
- 8. Staying Engaged with Manual Material Handling Safety Tips
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Material Handling Safety Tips
- 9. Balancing eBooks and Physical Books Manual Material Handling Safety Tips
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Material Handling Safety Tips
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Material Handling Safety Tips
 - Setting Reading Goals Manual Material Handling Safety Tips
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Material Handling Safety Tips
 - Fact-Checking eBook Content of Manual Material Handling Safety Tips
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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