



MANUAL HANDLING



LIFT WITH YOUR LEGS
KEEP YOUR BACK STRAIGHT
KNOW YOUR LIMITS



ASSESS your task FIRST

Before you lift your load, plan the route. 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 Sore Shout Technique (Frog Lift).

Keep your back STRAIGHT

When you keep your back straight (straighten your legs) using 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 for most people.

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.

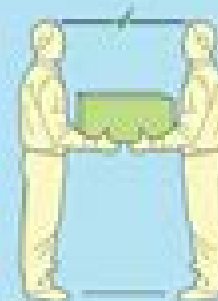


Don't BEND or TWIST while you are lifting or carrying

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

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.



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.



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Manual Material Handling Guidelines

Roger L. Brauer



Manual Material Handling Guidelines:

Guide to Manual Materials Handling A. Mital, 1997-06-12 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

Ergonomic Guidelines for Manual Material Handling Centers for Disease Control and Prevention, 2013-10-18 This booklet is written for managers and supervisors in industries that involve the manual handling of containers It offers suggestions to improve the handling of rectangular square and cylindrical containers sacks and bags Improving Manual Material Handling in Your Workplace lists the benefits of improving your work tasks It also contains information on risk factors types of ergonomic improvements and effective training and sets out a four step proactive action plan The plan helps you identify problems set priorities make changes and follow up

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

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

Guide to Manual

Materials Handling A. Mital, 2017 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 Provided by publisher

Manual Handling New Zealand. Occupational Safety & Health Service, 1991

Ergonomic Design for Material Handling Systems Karl H.E. Kroemer, 2017-12-01 The ergonomics focus is on how to design work tasks tools and environments to fit the capabilities and limitations of people Ergonomic Design for Material Handling Systems describes how ergonomics can be applied specifically to load handling both in the original design of systems and in their modification to make jobs easier and safer Proven techniques such as flow charting or job analysis are combined with new considerations such as biomechanics and repetitive trauma to optimize facility work station equipment

and job procedures Ergonomic Design for Material Handling Systems shows how ergonomics overlaps and intertwines with traditional engineering and management uniting them to produce ease and efficiency in material handling This book demonstrates how to lay out facilities in order to achieve the most efficient and safe design It tells how to organize tasks machinery people and materials to improve work flow and humanize your workplaces Consideration of human needs and abilities contributes essentially to successful performance let this practical book be your guide *A Manual Material Handling Guide for Supervisors* Paul Schwartz,1992 **Safety and Health for Engineers** Roger L. Brauer,2022-08-18 SAFETY AND HEALTH FOR ENGINEERS A comprehensive resource for making products facilities processes and operations safe for workers users and the public Ensuring the health and safety of individuals in the workplace is vital on an interpersonal level but is also crucial to limiting the liability of companies in the event of an onsite injury The Bureau of Labor Statistics reported over 4 700 fatal work injuries in the United States in 2020 most frequently in transportation related incidents The same year approximately 2 7 million workplace injuries and illnesses were reported by private industry employers According to the National Safety Council the cost in lost wages productivity medical and administrative costs is close to 1 2 trillion dollars in the US alone It is imperative by law and ethics for engineers and safety and health professionals to drive down these statistics by creating a safe workplace and safe products as well as maintaining a safe environment Safety and Health for Engineers is considered the gold standard for engineers in all specialties teaching an understanding of many components necessary to achieve safe workplaces products facilities and methods to secure safety for workers users and the public Each chapter offers information relevant to help safety professionals and engineers in the achievement of the first canon of professional ethics to protect the health safety and welfare of the public The textbook examines the fundamentals of safety legal aspects hazard recognition and control the human element and techniques to manage safety decisions In doing so it covers the primary safety essentials necessary for certification examinations for practitioners Readers of the fourth edition of Safety and Health for Engineers readers will also find Updates to all chapters informed by research and references gathered since the last publication The most up to date information on current policy certifications regulations agency standards and the impact of new technologies such as wearable technology automation in transportation and artificial intelligence New international information including U S and foreign standards agencies professional societies and other organizations worldwide Expanded sections with real world applications exercises and 164 case studies An extensive list of references to help readers find more detail on chapter contents A solution manual available to qualified instructors Safety and Health for Engineers is an ideal textbook for courses in safety engineering around the world in undergraduate or graduate studies or in professional development learning It also is a useful reference for professionals in engineering safety health and associated fields who are preparing for credentialing examinations in safety and health

Ergonomic Guidelines for Carts and Dollies USCAR.,2015 This document describes the assessment methods and physical

requirements associated with the manual handling of carts and dollies specific to material handling systems All possible designs and applications could not be anticipated in creating these guidelines Where there are questions of adherence to this document such as use of an off the shelf design always consult the responsible Ergonomics Department Force guidelines were primarily developed referencing the push pull psychophysical Snook data contained in *A Guide to Manual Materials Handling* second edition by Mital Nicholson and Ayoub NY Taylor Francis 1997 The force guidelines accommodate 75% of female capabilities and 99% of male capabilities Factors that were included in the established guideline include push pull distances vertical hand height horizontal hand height frequency and wheel castor alignment and load rating These factors were used to develop a conservative force guideline The guidelines assume frequent handling of carts dollies handling frequency greater than once per minute throughout a work shift For carts that exceed the force guidelines and do not align with the assumptions utilized to determine the guidelines within the document please contact the appropriate Ergonomic Subject Matter Expert for a deep dive ergonomic analysis The deep dive analysis will account for the differences in the assumptions i e frequency push pull distance hand height etc

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

Office Ergonomics Safety Guide ,1996

A Guide to Manual Materials Handling and Back Safety Stephen B. Randall, North Carolina. Division of Occupational Safety and Health, 2009

The Practice and Management of Industrial Ergonomics David C. Alexander, 1986

CDC Prevention Guidelines Andrew Friede, 1997 In CDC Prevention Guidelines you ll find all the ACIP recommendations health information for travelers the latest data on AIDS and authoritative information on emerging infectious diseases These authoritative recommendations are designed for clinicians health departments hospitals managed care organizations program planners information systems designers and health science students A compilation of 159 key CDC documents excerpted and streamlined for fast easy access of the facts this unique text is your ally in preventing AIDS and other sexually transmitted diseases birth defects environmental and workplace hazards homicides and suicides and risks associated with tobacco and alcohol use

Ultimate Guide to Manual Handling Lee Marsh, 2007-11-09 This guide will help any employee supervisor manager director or business owner to honestly evaluate their manual handling practices enabling improvement in themselves and others to move and handle in a better safer way

Iowa Risk Management Guide for Work-site Learning Environments Iowa. School-to-Work Office, 2000

Handbook of Standards and Guidelines in Ergonomics and Human Factors Waldemar Karwowski, 2005-12-16 A comprehensive review of international and national standards and guidelines this handbook consists of 32 chapters divided into nine sections that cover standardization efforts anthropometry and working postures designing manual material human computer interaction

occupational health and safety legal protection military human factor standar **Simple Solutions for Home Building Workers** Department of Health and Human Services, Centers for Disease Control and Prevention, National Institute of Safety and Health, 2013-10 Home building is physically demanding work and manual material handling may be the most difficult part of the job Manual material handling includes all of the tasks that require you to lift lower push pull hold or carry materials These activities increase the risk of painful strains and sprains and more serious soft tissue injuries Soft tissues of the body include muscles tendons ligaments discs cartilage and nerves Soft tissue injuries cause workers pain suffering and lost income They can also restrict non work activity like sports and hobbies Builders and employers costs include loss of productivity and high workers compensation insurance premiums This booklet provides basic information about readily available work practices and equipment that can help both new and experienced workers contractors and builders prevent serious manual material handling injuries Also available in Spanish *Musculoskeletal Disorders in the Workplace* Margareta Nordin, Gunnar Andersson, Malcolm Henry Pope, 1997 This reference presents all the information needed to treat orthopaedic disorders occurring in the workplace It covers not only biomechanics and ergonomics but also diagnosis and treatment It thoroughly covers rehabilitation of the injured worker and how to identify eliminate or modify the factors causing the problems

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