

SAFETY TIPS ON MATERIAL HANDLING & LIFTING

1 Check the weight to be sure that you are comfortable with the lift. Do not lift anything you think is too heavy!

2 Use handles, handholds or cutouts if available

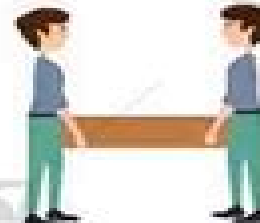
3 Use carts with large wheels. A larger wheel rolls easily and requires less force over door thresholds, elevator gaps etc. Small wheels get caught on holes and other floor irregularities.



4 Bend your knees and with your back straight, lift the load with a good grip and keep the load close to the body. Do not lift and twist



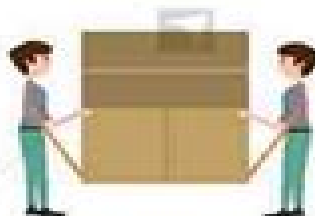
5 Get help and coordinate the move with your partner



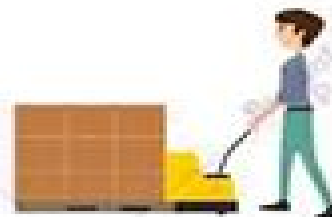
6 Use lift assist equipment or devices whenever possible



Rolling Cart



Harness



Electric Pallet Jack

Manual Material Handling Safety Tips

**United States. Congress. House.
Committee on Appropriations.
Subcommittee on the Departments of
Labor, Health and Human Services,
Education, and Related Agencies**

Manual Material Handling Safety Tips:

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

Technical Manual United States Department of the Army,1972

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

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

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