



MANUAL HANDLING



LIFT WITH YOUR LEGS
KEEP YOUR BACK STRAIGHT
KNOW YOUR LIMITS



ASSESS your task FIRST

ASK: Can you fit your arms 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 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.

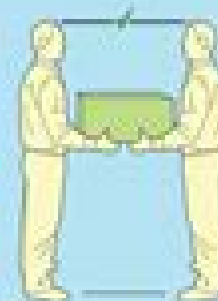


REDUCE the size of the load when possible

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 Guidelines

**Daniela Colombini, Enrico
Occhipinti, Enrique Alvarez-
Casado, Thomas R. Waters**



Manual Material Handling Guidelines:

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

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

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

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 *Manual Materials Handling* M M Ayoub,2020-11-25 This book highlights the problems and hazards of manual materials handling and provides ergonomic and engineering solutions for alleviating them It is helpful for both researchers and practitioners who are committed to solving the multifaceted manual materials handling problem **Work Practices Guide for Manual Lifting** ,1981

Safety in Manual Materials Handling ,1978 **A Guide to Human Factors and Ergonomics, Second Edition** Martin Helander,1997-11-30 This book focuses on the role of ergonomics in the manufacturing context and looks at a number of design issues anthropometry posture manual materials handling lighting noise warnings signals controls information processing workstation layout process layout shift work job satisfaction task analysis ergonomic assessment and enhancing manufacturability and maintainability Intended for engineers and students of engineering who design manufacturing systems and workstations this text is also invaluable to human factors ergonomics professionals who want to understand the manufacturing applications of ergonomics **Manual Handling** New Zealand. Occupational Safety & Health Service,1991

Manual Lifting Daniela Colombini,Enrico Occhipinti,Enrique Alvarez-Casado,Thomas R. Waters,2012-07-10 Commonly used throughout the world manual lifting tasks whether simple or complex all involve variable loads postures and movements This practical guide discusses how to analyze the intricate lifting function and prevent injury during its execution Outlining revised NIOSH Lifting Equation RNLE methods the book illustrates their use in assessing manual lifting tasks of varying degrees of difficulty Using examples to reinforce presented concepts it explains how RNLE methods can be applied to evaluate single composite variable and sequential lifting tasks It also explores how to interpret and apply the results

according to international standards and guidelines

Safety Professional's Reference and Study Guide, Fourth Edition

W. David Yates, 2025-03-19 For safety professionals navigating the complexities of safety practices daily the search for a single source guide covering diverse topics has been an ongoing quest Now in its fourth edition Safety Professional's Reference and Study Guide has expanded its scope incorporating crucial new chapters on legal aspects of the safety profession recordkeeping sustainability principles and more catering to the evolving needs of the Environmental Health and Safety EHS community This title is every safety professional's indispensable market leading resource empowering the reader to tackle challenges with confidence and expertise Exploring core aspects of occupational safety this book offers a wealth of knowledge each chapter offering practical insights and actionable advice The title goes beyond conventional boundaries addressing emerging topics such as electrical safety risk assessment and sustainability principles in brand new chapters A go to guide for any practicing safety professional seeking a quick desk reference a student supplementing their textbooks or a candidate preparing for certification exams including ASP CSP OHST or CHST it equips readers with the knowledge and skills needed to navigate the evolving landscape of occupational safety focusing on real world applications and exam readiness

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W. David Yates, 2020-03-19 This new edition serves both as a reference guide for the experienced professional and as a preparation source for those desiring certifications It's an invaluable resource and a must have addition to every safety professional's library Safety Professional's Reference and Study Guide Third Edition is written to serve as a useful reference tool for the experienced practicing safety professional as well as a study guide for university students and those preparing for the Certified Safety Professional examination It addresses major topics of the safety and health profession and includes the latest version of the Board of Certified Safety Professional BCSP reference sheet a directory of resources and associations as well as state and federal agency contact information Additionally this new edition offers new chapters and resources that will delight every reader This book aids the prospective examination candidate and the practicing safety professional by showing them step by step how to solve each question formula listed on the BCSP examination and provide examples on how and when to utilize them

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

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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 **Work Practices Guide for Manual Lifting**, 1983 **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

Employment Safety and Health Guide, 1990 Includes original text of the Occupational safety and health act of 1970 *Safety and Health at Work*, 2000 *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

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