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!
- Use handles, handholds or cutouts if available

- 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.
- 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.
- Get help and coordinate the move with your partner







6 Use Ifft assist equipment or devices whenever possible







Rolling Cart

Harness

Electric Parlet Jack

Material Handling Guidelines

David Kirk



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