

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

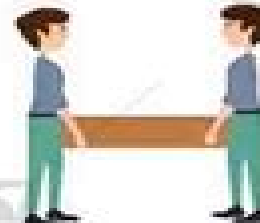
3 Use carts with large wheels. A larger wheel rolls easily and requires less force over door thresholds, elevator gaps etc. Small wheels get caught on holes and other floor irregularities.



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



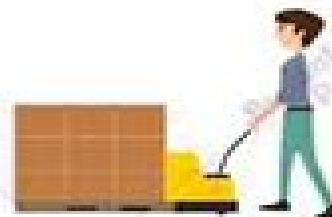
6 Use lift assist equipment or devices whenever possible



Rolling Cart



Harness



Electric Pallet Jack

Manual Material Handling Safety Powerpoint

Zhe Xu



Manual Material Handling Safety Powerpoint:

Manual Material Handling Safety Powerpoint Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Manual Material Handling Safety Powerpoint**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

<https://staging.conocer.cide.edu/public/virtual-library/Documents/Heart%20Turned%20East.pdf>

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