

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

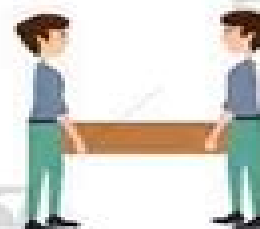
3 Use carts with large wheels. A larger wheel rolls easily and requires less force over door thresholds, elevator gaps etc. Small wheels get caught on holes and other floor irregularities.



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



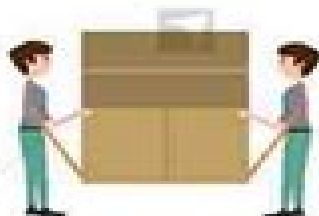
5 Get help and coordinate the move with your partner



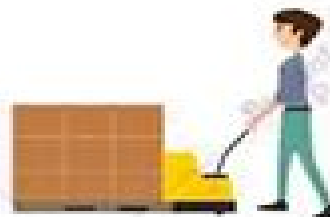
6 Use lift assist equipment or devices whenever possible



Rolling Cart



Harness



Electric Pallet Jack

Material Handling Guidelines

Rachel S Tattersall



Material Handling Guidelines:

The Enigmatic Realm of **Material Handling Guidelines**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Material Handling Guidelines** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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