

MATERIAL HANDLING

Move The Load Safely

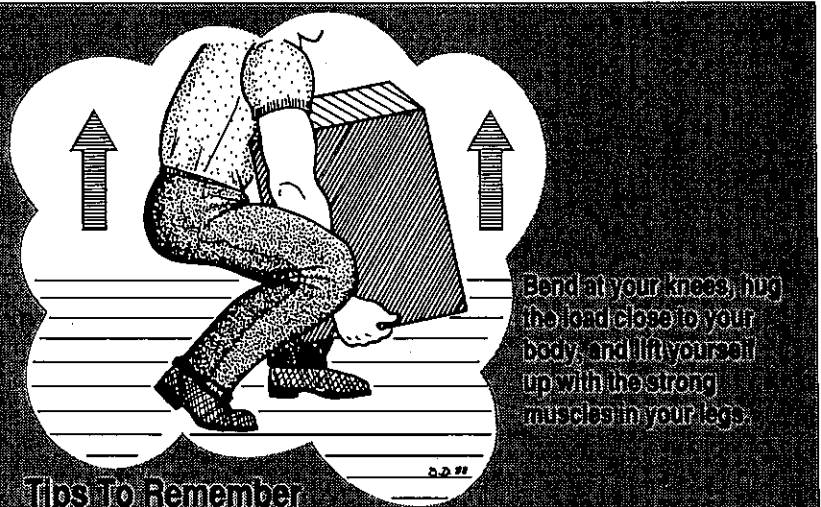
Those of us whose jobs require material handling, may already know about safe lifting techniques. But safe lifting is only one aspect of material handling; transporting the load safely is the other. How you move or carry and put down the load is just as important as how you pick it up. The following tips can help you move the load safely and protect your back from stress, strain, and potential injury.

Safe Lifting

Safe lifting means keeping your back aligned and balanced when lifting. Most standard loads under 25 pounds can be lifted and carried safely by following these steps. You begin by bending from the knees (not the waist), tucking your pelvis and tightening your stomach muscles. You then hug the load close to you, and gradually lift yourself up using the strong muscles in your legs. When carrying the object, be sure not to twist or bend. Then, bend at the knees and slowly slide the load down your body until you can comfortably put the load down.

Mechanical Aids

Not all loads can (or should) be lifted by you or your coworkers. Carts, bins, hand trucks, dollies, and fork lifts are all mechanical aids that can help transport a load without putting undue strain on your back. Pushcarts and bins can be useful for light, awkward loads, while hand trucks and fork-lifts can help move heavier, stackable material. When using mechanical aids, be sure that the load is secured in place before moving, and be sure to push the device rather than pulling it.

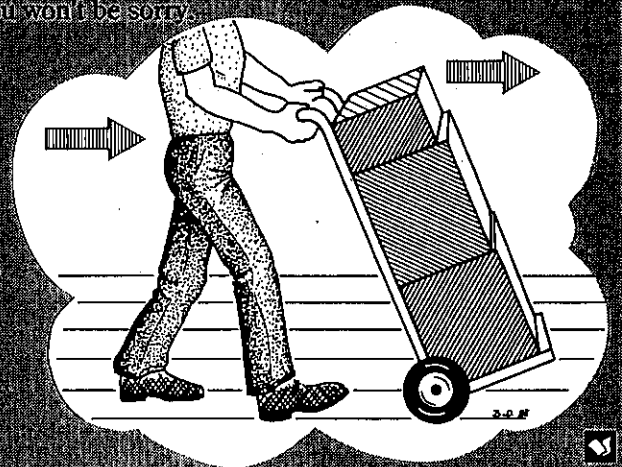


Bend at your knees, hug the load close to your body, and lift yourself up with the strong muscles in your legs.

Tips To Remember

Whenever you lift or transport materials, keep these tips in mind. You'll place less stress on your back, and will get the job done safely.

- ☐ Always wear shoes or boots with firm, slip-resistant soles.
- ☐ Make sure your path is clear and well-lighted before lifting or moving the load.
- ☐ Know where to put the load down *before* you lift it.
- ☐ Never hurry when carrying a load.
- ☐ Organize your work area to reduce unnecessary lifting or moving.
- ☐ Check the condition of mechanical aids *before* loading—are nuts, bolts, or moving parts properly adjusted? Are wheels stable and in good condition?
- ☐ Be safe—you won't be sorry.



Mechanical aids can help you transport a load without putting undue strain on your back.