



MANUAL HANDLING



LIFT WITH YOUR LEGS
KEEP YOUR BACK STRAIGHT
KNOW YOUR LIMITS



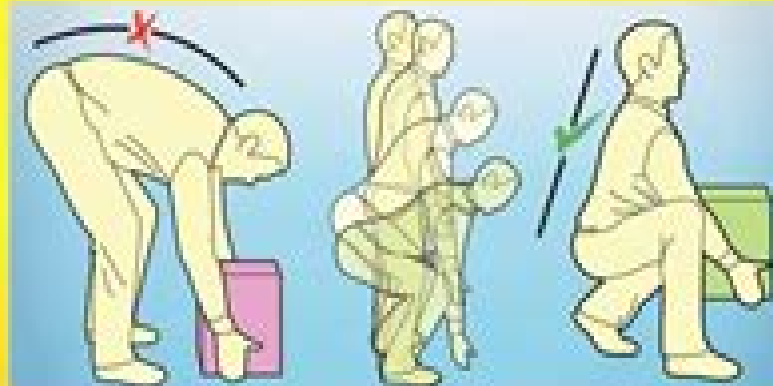
ASSESS your task FIRST

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 (flatten 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 (avoid far from your body).

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.

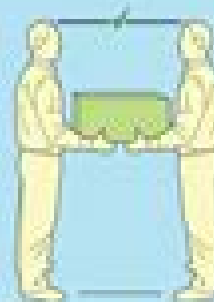


REDUCE the size of the load when possible

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

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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 **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

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

Manual Handling New Zealand. Occupational Safety & Health Service, 1991

Work Practices Guide for Manual Lifting, 1981 *Handbook of Standards and Guidelines in Human Factors and Ergonomics* Waldemar Karwowski, Anna Szopa, Marcelo M. Soares, 2021-06-28 With an updated edition including new material in additional chapters this one of a kind handbook covers not only current standardization efforts but also anthropometry and optimal working postures ergonomic human computer interactions legal protection occupational health and safety and military human factor principles While delineating the crucial role that standards and guidelines play in facilitating the design of advantageous working conditions to enhance individual performance the handbook suggests ways to expand opportunities for global economic and ergonomic development This book features Guidance on the design of work systems including tasks equipment and workspaces as well as the work environment in relation to human capacities and limitations Emphasis on important human factors and ergonomic standards that can be utilized to improve product and process to ensure efficiency and safety A focus on quality control to ensure that standards are met throughout the worldwide market

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

Handbook of Standards and Guidelines in Ergonomics and Human Factors Waldemar Karwowski, 2005-12-16 A comprehensive review of international and national standards and guidelines this handbook consists of 32 chapters divided into nine sections that cover standardization efforts anthropometry

and working postures designing manual material human computer interaction occupational health and safety legal protection military human factor standar 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 Safety in Manual Materials Handling ,1978 Safety Professional's Reference and Study Guide, Third Edition 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 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

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 *Occupational Biomechanics* Don B. Chaffin, Gunnar B. J. Andersson, Bernard J. Martin, 2006-05-05 Praise for previous editions of *Occupational Biomechanics* This book is a valuable resource for any advanced ergonomist interested in physical ergonomics provides valuable research information *Ergonomics in Design* This book represents a distillation of the authors combined years of experience in applying biomechanics in various industries and work situations I recommend this book to anyone regardless of discipline who is interested in understanding the many biomechanical factors which must be considered when trying to effect the prevention and reduction of musculoskeletal injuries in the workplace *Journal of Biomechanics* Impressive descriptions of biomechanical concepts and worksite considerations based not only on mechanical and mathematical principles but on solid anatomical and physiologic constructs a very valuable reference source *Research Communications in Chemical Pathology and Pharmacology* THE DEFINITIVE TEXT ON DESIGNING FOR THE DEMANDS OF TODAY'S WORKPLACE With critical applications in manufacturing transportation defense security environmental safety and occupational health and other industries the field of occupational biomechanics is more central to industrial design than ever before This latest edition of the popular and widely adopted *Occupational Biomechanics* provides the foundations and tools to assemble and evaluate biomechanical processes as they apply to today's changing industries with emphasis on improving overall work efficiency and preventing work related injuries The book expertly weaves engineering and medical information from diverse sources and provides a coherent treatment of the biomechanical principles underlying the well designed and ergonomically sound workplace NEW TO THIS THOROUGHLY REVISED AND UPDATED FOURTH EDITION 150 new references and many new illustrations Major changes within each chapter that reflect recent and significant findings Recent research in musculoskeletal disorders New measurement techniques for biomechanical parameters and numerous international initiatives on the subject Presented in an easy to understand manner and supported by over 200 illustrations and numerous examples *Occupational Biomechanics* Fourth Edition remains the premier one stop reference for students and professionals in the areas of industrial engineering product and process design medicine and occupational health and safety

, **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 products as well as maintaining a safe environment Safety and Health for Engineers is considered the gold standard for engineers in all specialties teaching an understanding of many components necessary to achieve safe workplaces products facilities and methods to secure safety for workers users and the public Each chapter offers information relevant to help safety professionals and engineers in the achievement of the first canon of professional ethics to protect the health safety and welfare of the public The textbook examines the fundamentals of safety legal aspects hazard recognition and control the human element and techniques to manage safety decisions In doing so it covers the primary safety essentials necessary for certification examinations for practitioners Readers of the fourth edition of Safety and Health for Engineers readers will also find Updates to all chapters informed by research and references gathered since the last publication The most up to date information on current policy certifications regulations agency standards and the impact of new technologies such as wearable technology automation in transportation and artificial intelligence New international information including U S and foreign standards agencies professional societies and other organizations worldwide Expanded sections with real world applications exercises and 164 case studies An extensive list of references to help readers find more detail on chapter contents A solution manual available to qualified instructors Safety and Health for Engineers is an ideal textbook for courses in safety engineering around the world in undergraduate or graduate studies or in professional development learning It also is a useful reference for professionals in engineering safety health and associated fields who are preparing for credentialing examinations in safety and health

Environmentally Conscious Materials Handling Myer Kutz, 2009-08-24 Wiley Series in Environmentally Conscious Engineering environmentally conscious Materials Handling myer kutz Best practices for environmentally friendly handling and transporting materials This volume of the Wiley Series in Environmentally Conscious Engineering helps you understand and implement methods for reducing the environmental impact of handling materials in manufacturing warehousing and distribution systems as well as dealing with wastes and hazardous materials Chapters have been written by experts who based on hands on experience offer detailed coverage of relevant practical and analytic techniques to ensure reliable materials handling The book presents practical guidelines for mechanical industrial plant and environmental engineers as well as plant warehouse and distribution managers and officials responsible for transporting and disposing of wastes and dangerous materials Chapters include Materials Handling System Design Ergonomics of Manual Materials Handling Intelligent Control of Material Handling Incorporating Environmental Concerns in Supply Chain Optimization Municipal Solid Waste Management and Disposal Hazardous Waste Treatment Sanitary Landfill Operations Transportation of Radioactive Materials Pipe System Hydraulics Each chapter provides case studies and examples from

diverse industries that demonstrate how to effectively plan for and implement environmentally friendly materials handling systems. Figures illustrate key principles and tables provide at a glance summaries of key data. Finally, references at the end of each chapter enable you to investigate individual topics in greater depth. Turn to all of the books in the Wiley Series in Environmentally Conscious Engineering for the most cutting edge environmentally friendly engineering practices and technologies. For more information on the series, please visit wiley.com/go/eco. Information Services Consulting Firm: He is the editor of the Mechanical Engineers Handbook, Third Edition, 4 volume set and the Handbook of Materials Selection, also published by Wiley.

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.

Ergonomics Guidelines and Problem Solving A. Mital, Å. Kilbom, S. Kumar, 2000-01-31. There is an urgent need to disseminate ergonomics know-how to the workplace. This book meets that need by providing clear guidelines and problem-solving recommendations to assist the practitioner in decisions that directly protect the health, safety, and well-being of the worker. The guidelines have evolved from a series of symposia on Ergonomic Guidelines and Problem Solving. Initially, experts in each area selected were asked to write draft guidelines. These guidelines were circulated to participants at the symposia and to other experts for review before being comprehensively revised. In some instances, these guidelines cannot be considered complete, but it is important now to put some recommendations forward as guidelines. It is hoped that as new research emerges, each guideline will be updated. Each guideline has been divided into two parts: Part I contains the guidelines for the practitioner, and Part II provides the scientific basis or the knowledge for the guide. Such separation of the applied and theoretical content was designed to facilitate rapid incorporation of the guide into practice. The target audience for this book is the practitioner. The practitioner may be a manager, production system designer, shop supervisor, occupational health and safety professional, union representative, labor inspector, or production engineer. For each of the guidelines, relevant practitioners are described. Topics covered include work space design, tool design, work rest schedules, illumination, and maintenance.

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