

MANUAL HANDLING

1. STOP AND THINK

- Where is the load going?
- Are there any obstacles?
- Are there any aids to help me?
- Consider the size, shape and weight of the load.

2. WHILE LIFTING

- ☑ Keep distances to a minimum
- ☑ Prepare the area (remove trip hazards)
- ☑ Test the load
- ☑ Feet apart
- ☑ Leading leg slightly forward
- ☑ Hips and knees relaxed
- ☑ Firm hold from below
- ☑ Lead with your head as you lift
- ☑ Keep movement smooth
- ☑ Keep load close to your body
- ☑ Reverse the procedure when lowering the load.

3. DON'T

- ☒ Jerk or stretch
- ☒ Twist
- ☒ Lift loads which are too heavy

4. ASK FOR HELP

If the load is too heavy or you have a problem, ask for help.



Industrial Safety Manual

J Ma



Industrial Safety Manual:

The Manual of Industrial Safety Sidney James Williams,1927 **Compliance Operations Manual, January 1972**
United States. Occupational Safety and Health Administration,1972 Manual of guidelines for the implementation of occupational safety and occupational health measures in the USA covers labour inspection procedures violations sanctions field reporting procedures occupational health the promotion of safety training federal agency programmes research and related activities etc **Basic Industrial Safety Manual** Industrial Commission of Arizona,Industrial Commission of Arizona. Division of Safety,1970 **Workplace Safety Manual** Joseph M. Boslet,2000 This manual is organized around the 16 elements of an Accident and Illness Prevention program for individual self insureds and is in the order that the 16 elements are listed in Act 44 p ix Industrial Safety Manual Gypsum Association (U.S.). Safety Committee,1975

Handbook of Industrial Engineering Gavriel Salvendy,2001-05-25 Unrivalled coverage of a broad spectrum of industrial engineering concepts and applications The Handbook of Industrial Engineering Third Edition contains a vast array of timely and useful methodologies for achieving increased productivity quality and competitiveness and improving the quality of working life in manufacturing and service industries This astoundingly comprehensive resource also provides a cohesive structure to the discipline of industrial engineering with four major classifications technology performance improvement management management planning and design control and decision making methods Completely updated and expanded to reflect nearly a decade of important developments in the field this Third Edition features a wealth of new information on project management supply chain management and logistics and systems related to service industries Other important features of this essential reference include More than 1 000 helpful tables graphs figures and formulas Step by step descriptions of hundreds of problem solving methodologies Hundreds of clear easy to follow application examples Contributions from 176 accomplished international professionals with diverse training and affiliations More than 4 000 citations for further reading The Handbook of Industrial Engineering Third Edition is an immensely useful one stop resource for industrial engineers and technical support personnel in corporations of any size continuous process and discrete part manufacturing industries and all types of service industries from healthcare to hospitality from retailing to finance Of related interest HANDBOOK OF HUMAN FACTORS AND ERGONOMICS Second Edition Edited by Gavriel Salvendy 0 471 11690 4 2 165 pages 60 chapters A comprehensive guide that contains practical knowledge and technical background on virtually all aspects of physical cognitive and social ergonomics As such it can be a valuable source of information for any individual or organization committed to providing competitive high quality products and safe productive work environments John F Smith Jr Chairman of the Board Chief Executive Officer and President General Motors Corporation From the Foreword

Handbook of Occupational Safety and Health Lawrence Slote,1987-07-24 This comprehensive reference source uses techniques and methods from various disciplines applicable to occupational safety and health it satisfying the need for a

standard reference work in this rapidly growing field The book is divided into nine parts related to all aspects of the field ergonomics insurance occupational safety and health management and information occupational safety and health training programs analytical tools economic factors and safety and the law Individual chapters discuss how to deal with the troubled employee how to conduct an accident investigation how to ensure and maintain quality in a medical surveillance program how to use workers compensation data to identify high risk groups how to apply simulation modelling and analysis to occupational safety and health how to survive workplace litigation and much more **Industrial Safety Manual** National

Safety Council,1944 Industrial Hygiene & Safety Auditing Craig Hollenback,2007 First edition published under title

Industrial hygiene auditing *Radiation and industrial safety manual. part ii - occupational safety and health guide.*

appendix 16,, no. 10, rev. 2 - hoisting equipment B. J. Lang,1993 *Handbook of Industrial and Systems Engineering*

Adedeji B. Badiru,2005-12-15 Responding to the demand by researchers and practitioners for a comprehensive reference

Handbook of Industrial and Systems Engineering offers full and easy access to a wide range of industrial and systems engineering tools and techniques in a concise format Providing state of the art coverage from more than 40 contributing authors many of whom a *Accident Prevention Manual for Industrial Operations* National Safety Council,1974

Principles and Practices of Occupational Safety and Health United States. Occupational Safety and Health Administration,1975 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 **Basic Industrial Safety Manual of the**

State of Alabama Alabama. Department of Industrial Relations. Division of Safety and Inspection,1968 Industrial Safety Handbook William Handley,1969 Safety training textbook on occupational safety measures for the prevention of occupational accidents in industry with particular reference to practices in the UK covers factory organization occupational health hazards incl Air pollution fire ionising radiation noise etc aspects of ergonomics health services safety equipment legal aspects of labour inspection the role of international organizations incl The role of ILO etc Diagrams and statistical tables *Monthly*

Catalog of United States Government Publications United States. Superintendent of Documents,1992 Handbook of Metalforming Processes Henry Ericsson Theis,1999-05-26 Reflecting hands on experience of materials equipment tooling and processes used in the industry this work provides up to date information on flat rolled sheet metal products It addresses the processing and forming of light to medium gauge flat rolled sheet metal illustrating the versatility and myriad uses of this material *Handbook of Industrial and Systems Engineering, Second Edition* Adedeji B. Badiru,2013-10-11 A new edition of a bestselling industrial and systems engineering reference Handbook of Industrial and Systems Engineering Second Edition provides students researchers and practitioners with easy access to a wide range of industrial engineering tools and techniques in a concise format This edition expands the breadth and depth of coverage emphasizing new systems engineering tools techniques and models See What s New in the Second Edition Section covering safety reliability and quality Section on operations research queuing logistics and scheduling Expanded appendix to include conversion factors and engineering systems and statistical formulae Topics such as control charts engineering economy health operational efficiency healthcare systems human systems integration Lean systems logistics transportation manufacturing systems material handling systems process view of work and Six Sigma techniques The premise of the handbook remains to expand the breadth and depth of coverage beyond the traditional handbooks on industrial engineering The book begins with a general introduction with specific reference to the origin of industrial engineering and the ties to the Industrial Revolution It covers the fundamentals of industrial engineering and the fundamentals of systems engineering Building on this foundation it presents chapters on manufacturing production systems and ergonomics then goes on to discuss economic and financial analysis management information engineering and decision making Two new sections examine safety reliability quality operations research queuing logistics and scheduling The book provides an updated collation of the body of knowledge of industrial and systems engineering The handbook has been substantively expanded from the 36 seminal chapters in the first edition to 56 landmark chapters in the second edition In addition to the 20 new chapters 11 of the chapters in the first edition have been updated with new materials Filling the gap that exists between the traditional and modern practice of industrial and systems engineering the handbook provides a one stop resource for teaching research and practice

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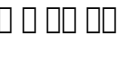
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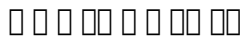
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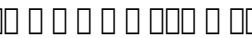
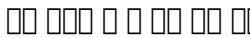
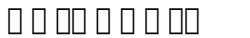
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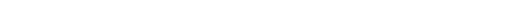
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