

Tips for Safe Manual Material Handling

There are safe ways to complete all types of Manual Material Handling. One of the most important things you must do is take an active role in preparing yourself properly for the task. In general, if you follow these principles you will be able to safely handle any load.

Manual Material Handling can be broken down into,

- Lifting
- Pushing/ Pulling
- Carrying/ Holding

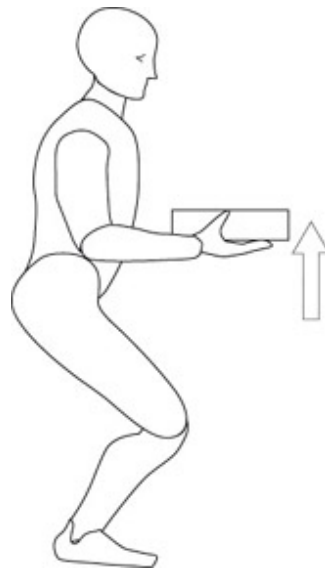
Safe Lifting Tips

You are practising safe lifting if:

- The lift is performed between knuckle and elbow height.
- There is a minimal horizontal distance between the load and the body.
- You avoid twisting when lifting or lowering a load.
- You alternate lifting tasks with lighter work to give your body a chance to recover.
- You bend at your hips, not your back, if you have to bend.
- You use handles.

Remember to,

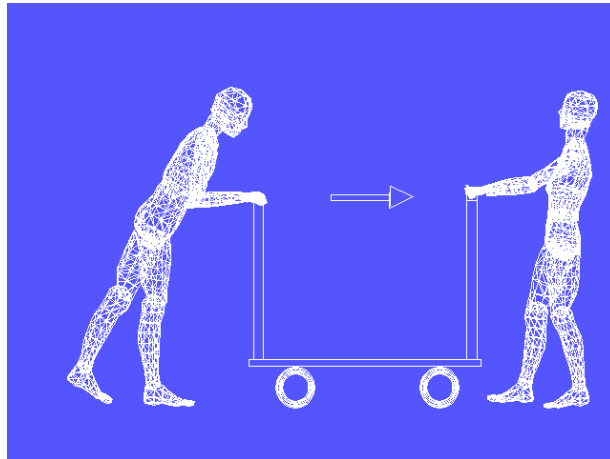
1. Test the weight of the load.
2. Rotate at your hips (keep curve in low back).
3. Bend your knees.
4. Get close to the load.
5. Contract your stomach muscles.
6. Position your feet in a “V” instead of twisting.
7. Lift with both hands.



Safe Pushing/ Pulling Tips

Remember to,

1. Grasp handles/ item slightly below your elbow height.
2. Maintain a minimum horizontal distance from item.
3. Avoid twisting.
4. Try to push rather than pull!
5. Find good foot traction.
6. Stagger your feet for stable base.
7. Use your body weight as force – lean into it!



Safe Carrying Tips

Remember to,

1. Keep a minimal horizontal distance between the load and your body.
2. Avoid twisting when lifting or lowering a load.
3. Use handles.
4. Try to push or pull rather than carry the load.
5. Use both hands.
6. Use handles if they are there.