

Manual Materials Handling



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Manual materials handling [MMH] is the most common cause of occupational fatigue and lower back pain.

Lifting/Lowering



Pushing/Pulling



Carrying/Holding



BEFORE LIFTING:



Check to see if mechanical lifting aids are available.



Get help with heavy or awkward loads.



Ensure that you can lift the load without over-exertion.



Assess/identify the weight of the load.

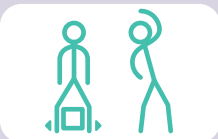


Ensure that the load is free to move.



Check that the path is clear and free of grease, oil, water, and objects.

SAFE LIFTING TIPS:



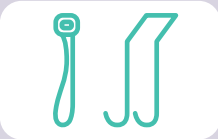
Prepare for the lift by warming up your muscles.



Be sure you have a good grip on the load.



Lift smoothly, without jerking.



Use handles or lift aides where appropriate.



Tuck your chin into your chest.



Avoid twisting, side bending, and carrying loads with only one hand.



Keep your back straight and your butt out.



Lift load as close to and as centered to your body as possible.



Lift with your legs and body weight, not with your back.



Stand close to the load and face the direction you intend to move.



Keep arms straight and abdominal muscles tight.