

Manual Materials Handling

Handling

[MMH] is the most common cause of occupational fatigue and lower back pain



before lifting

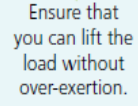
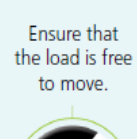


Check to see if mechanical lifting aids are available.

Assess/identify the weight of the load.



Get help with heavy or awkward loads.



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.

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

Keep arms straight and abdominal muscles tight.

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

Use handles or lift aids where appropriate.

Tuck chin into your chest.

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

Keep your back straight and butt out.

Lift load as close to and as centred to body as possible.

Don't Let Safety

Prevent slips, trips and falls at work



Take steps to prevent

- Wear proper footwear with good treads.
- Fix loose or curled carpets, mats and floor tiles.
- Make sure lighting is bright enough to see properly.
- Mark walkway slopes and changes of levels.
- Secure trailing cables.



Keep it clean and clear

- Keep floors clean and dry.
- Wipe up spills quickly.
- Keep aisles and walkways clear of clutter and obstacles.
- Clear snow and ice from walkways.

Watch out

- Watch for holes, cracks, or uneven, rough areas on walkways.
- Take extra care on steps or painted wood or concrete surfaces that could be slippery.
- Be aware of icy and snowy conditions.

