



MANUAL HANDLING



LIFT WITH YOUR LEGS
KEEP YOUR BACK STRAIGHT
KNOW YOUR LIMITS



ASSESS your task FIRST

Before you lift your load, plan the route. 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 (Sling 10).

Keep your back STRAIGHT

When you keep your back straight (neutral) your legs carry the majority of the weight making you less likely to injure your back.

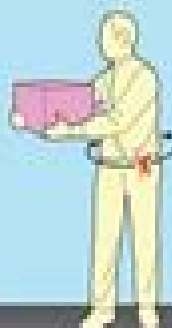


HOLD the object at waist level and close to the body

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, similar to how 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.

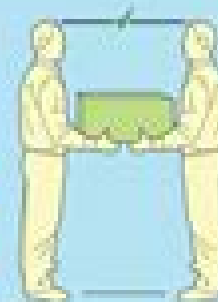
Use lifting aids

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.



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.



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 Materials Handling Ergonomics Quiz

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Manual Materials Handling Ergonomics Quiz:

Safety in Manual Materials Handling, 1978 *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 **Advances in Industrial Ergonomics and Safety** Anil Mital, 1989 **A Biomechanics-human Factors Approach to Manual Materials Handling** Youmin Zhao, 1995 **International Encyclopedia of Ergonomics and Human Factors - 3 Volume Set** Informa Healthcare, 2000-12-14 The first encyclopedia in the field the International Encyclopedia of Ergonomics and Human Factors provides a comprehensive and authoritative compendium of current knowledge on ergonomics and human factors It gives specific information on concepts and tools unique to ergonomics About 500 entries published in three volumes and on CD ROM are pre **Biomechanics in Ergonomics** Shrawan Kumar, 1999-03-25 Two important goals of ergonomics are the comfort and the health and safety of workers In many ways these are mutually compatible for where health and safety is jeopardized the discomfort results Most work related injuries can be viewed as biochemical damage to a tissue or organ ultimately all injuries are sustained by tissues Writte The Ergonomics of Manual Work William Steven Marras, 1993 Ergonomics International 88 International Ergonomics Association. Congress, 1988 **Trends in Ergonomics/human Factors**, 1988 *Industrial Ergonomics* Babur Mustafa Pulat, David C. Alexander, 1991 A textbook for industrial engineers providing examples as a practical guide to dealing with specific problems of ergonomics in a wide range of industrial contexts No index Annotation copyright Book News Inc Portland Or Biomechanics, Kinematics, Psychophysics and Motor Control in the Application of Material Handling Devices (MHDS). Marc Lawrence Resnick, 1993 **Industrial Ergonomics** David C. Alexander, Babur Mustafa Pulat, 1985 *Handbook Of Industrial Automation* Richard Shell, 2000-08-29 Supplies the most essential concepts and methods necessary to capitalize on the innovations of industrial automation including mathematical fundamentals ergonometrics industrial robotics government safety regulations and economic analyses Ergonomics Margaret I. Bullock, 1990 Whilst outlining the principles of ergonomic practice in areas of special interest to

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Manual Materials Handling Ergonomics Quiz Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Manual Materials Handling Ergonomics Quiz**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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