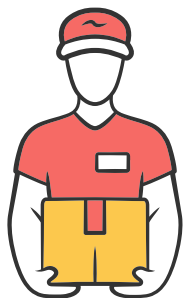


# Manual Materials Handling



## Manual Materials Handling(MMH):

means any transporting or supporting of load, including lifting, putting down, pushing, pulling, carrying or moving it, by hand or bodily force.

## Injury:

Work-related musculoskeletal disorders (MSDs) such as pain and injuries to arms, legs and joints, and repetitive strain injuries of various sorts.

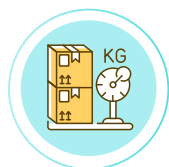
## Before lifting



Check to see if mechanical lifting aids are available.



Ensure that the load is free to move.



Assess/identify the weight of the load.



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



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.



- Keep your back straight and butt out.
- Lift smoothly, without jerking.
- Lift with your legs and body weight, not with your back.



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

Be sure you have a good grip on the load.



- Keep arms straight and abdominal muscles tight.
- Lift load as close to and as centred to body as possible.
- Tuck chin into your chest.

Use handles or lift aids where appropriate.

