

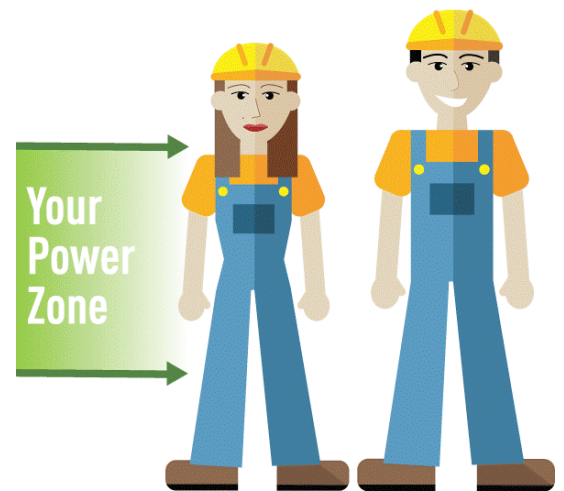
Material Handling

Material handling includes lifting, transporting and depositing material by human means using a variety of hand or hand-operated accessories such as hooks, bars, jacks, hand trucks, dollies, wheel barrows or other mechanical means. Manual material handling entails lifting, but also usually includes climbing, pushing, pulling and pivoting, all of which pose the risk of injury to the back. Recent studies show that nearly 70 percent of low back injuries are related to manual material handling.

How can I keep my back safe?

Safe lifting techniques can reduce your risk injury and help keep you pain free:

1. Assume a diagonal foot position, with one foot slightly in front of the other
2. Get as close as you can to load, keeping it close to you throughout the move
3. Test the weight before you lift. If it is too heavy or you are unsure, **ask for help!**
4. Keep your back straight
5. Lift with your legs, not with your back
6. It is always easier and safer to move things in your “power zone”.
7. Sliding and carrying present less back strain than lifting and lowering.



www.oshatraining.org © 2017. OSHA Academy

OSHA Academy
Occupational Safety & Health Training

Is it:

- Too heavy?
- Too large?
- Oddly shaped?

Ask for Help!