

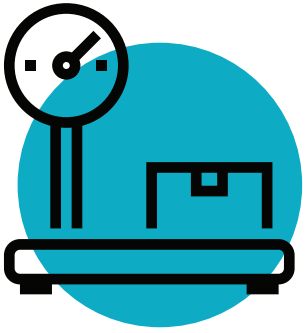
Manual Materials Handling

Manual materials handling (MMH) includes the activities of lifting, lowering, pushing, pulling, carrying, handling and moving loads.

WorkplaceNL

Health | Safety | Compensation

Make a plan before you start



Test the weight of the load.



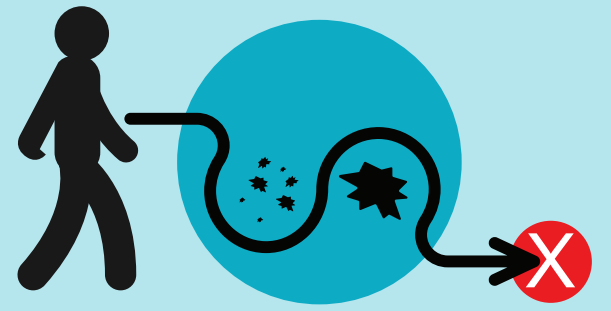
Warm up your muscles first.



Use mechanical handling aids when possible, (e.g. forklift, dolly, height adjustable tables).

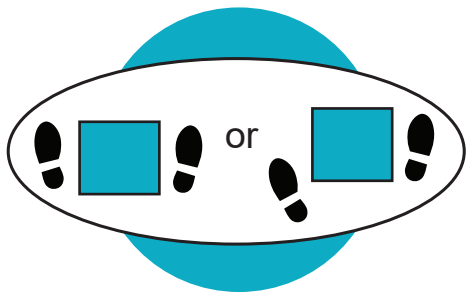


Take extra care with awkwardly shaped objects, slippery surfaces, liquids, and contents that may shift.

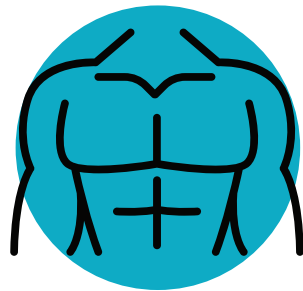


Inspect your path of travel and remove hazards.

When picking up a load



Widen your stance for stability.



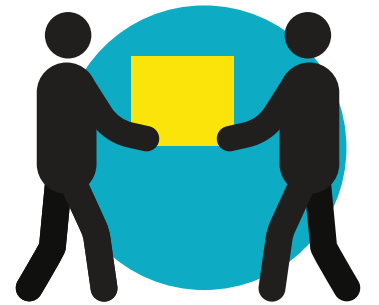
Firm up your core.



Bend at the hips and keep your back straight.

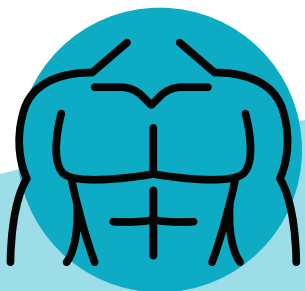


Grasp the object with a firm grip. Use handles if available.



Ask for help if a load appears too heavy. Don't try to lift it.

When handling/carrying



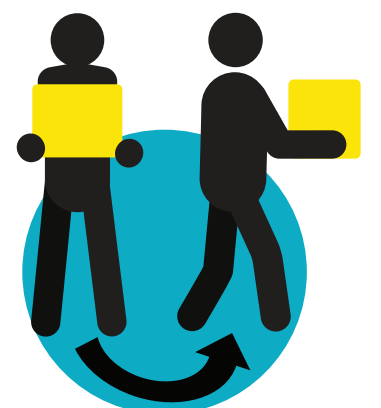
Continue to keep your core firm for the entire duration of the lift.



Carry the load centred, with the heaviest part against your trunk.

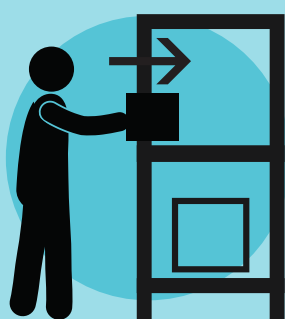


Take small steps.



If you need to turn, pivot or turn with your feet.

When setting down a load



Set the load down on the edge of the surface (e.g. table, shelf), adjust hand position and push the load into place.



Place frequently lifted objects at waist level or between mid-thigh and chest height.