

Manual Materials Handling (MMH)

MMH - Hoisting and Moving Heavy Objects

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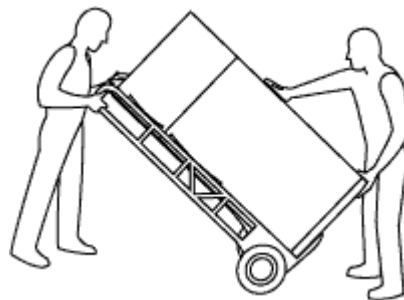
[What equipment can I use to help with moving or lifting heavy objects?](#)

What equipment can I use to help with moving or lifting heavy objects?

When moving or lifting heavy objects, selecting the right equipment for the task minimizes handling, increases safety, and improves efficiency. Below are commonly used tools and their applications.

Carts, dollies, hand trucks, and trolleys

- Ideal for moving boxes, furniture, or other bulky items over short distances.
- Consider carts with hand brakes for better control on inclines or powered hand carts for stairs.
- Use carts designed for specific purposes (e.g., holding cylinders).



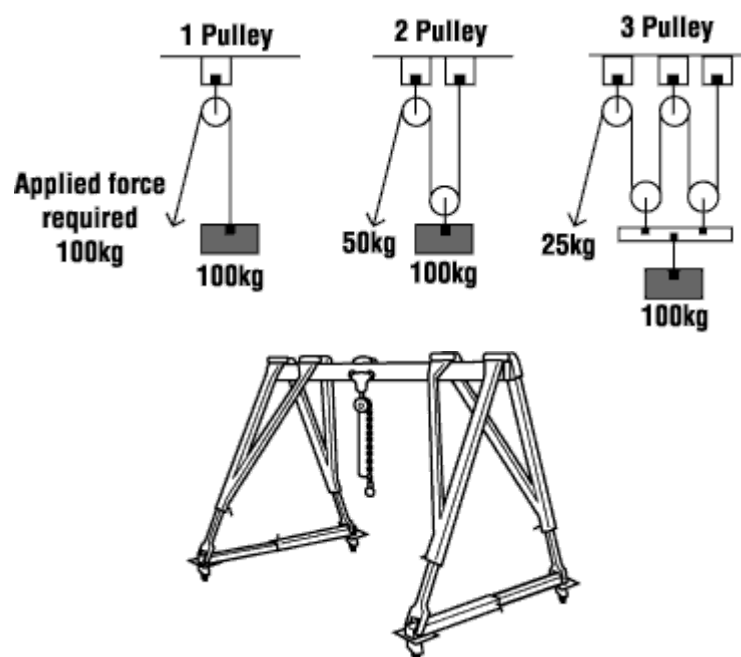
Pallet jacks and forklifts

- Useful for lifting and moving pallets or other flat-based loads.
- Pallet jacks are suitable for manual handling in warehouses.

- Forklifts are ideal for large loads and have higher lifting capacities.
 - See the OSH Answers on [Forklifts](#) for more information.

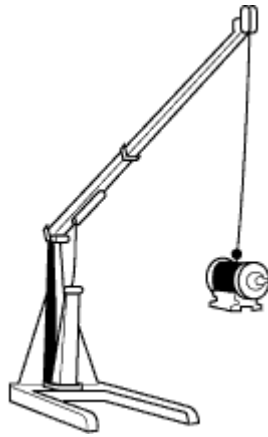
Pulley systems

- Used for vertical lifts.
- Select multiple pulleys according to the weight of the object to be hoisted.
- Multiple pulleys redistribute the weight and reduce the amount of force needed to lift heavy objects.
- Single pulleys reduce manual lifting effort by changing the direction of force.
- Mount a pulley on a movable frame for lifting and transporting heavy objects, both vertically and horizontally.



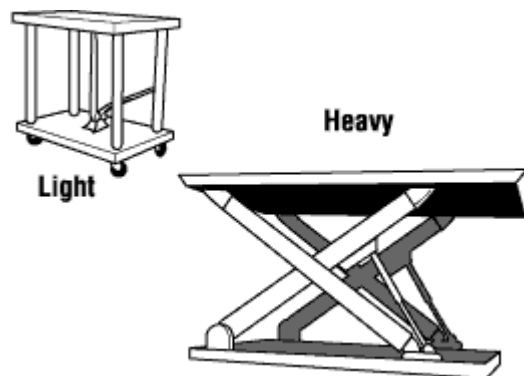
Portable hoists and floor cranes

- Designed for vertical lifting of heavy objects, such as machinery or tools.
- Types include electric, pneumatic, or manual chain hoists.
- Combine with lifting magnets when appropriate.
- Never position yourself or others under a suspended load.



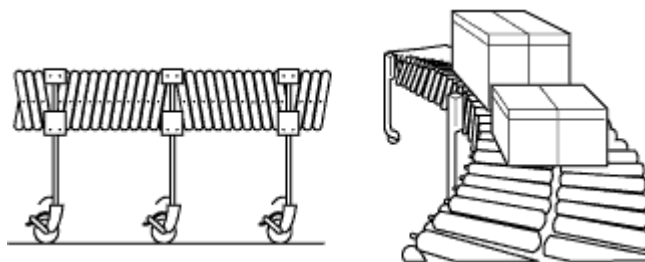
Lift tables

- Ideal for lifting objects in level work areas.
- Select the lift table according to the weight and size of the anticipated load.



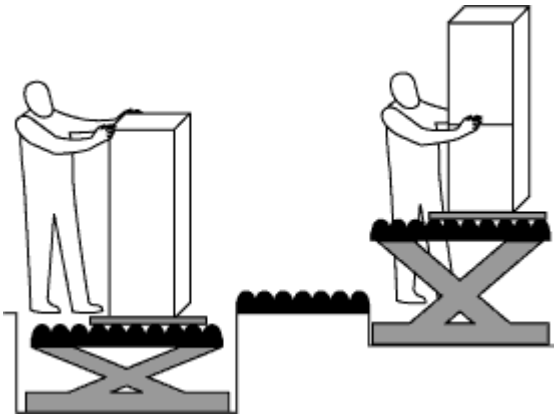
Portable conveyors

- Useful for moving materials over longer distances.
- Lock the wheels before use to ensure stability.



Combination of lift tables and rollers

- Combine these tools for horizontal and vertical movement of materials.
- Use guards, straps, or other controls to prevent the load from shifting unexpectedly.



Exoskeletons and wearable technology

- Wearable devices reduce strain.
- See the OSH Answers on [Exoskeletons](#) for more information.

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