

Canadian Centre for Occupational Health and Safety + Centre canadien d'hygiène et de sécurité au travail

Manual Materials Handling (MMH)

MMH - Handholds on Load and Gripping Aids -

On this page

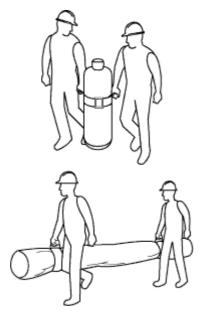
What should I know about grip aids?

What should I know about grip aids?

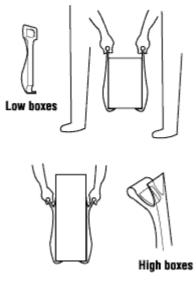
Gripping aids are used to lift or carry awkward loads that do not have handles. For more information on grip, please see <u>MMH - Handholds on Load and Gripping Aids - I</u>.

Various types of grip aids are available depending on the task, including:

• Lifting straps for cylindrical objects.



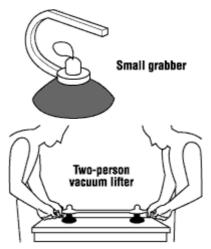
• Carrying handles for boxes.



• A 'Gator grip' to handle awkward objects with sharp edges.

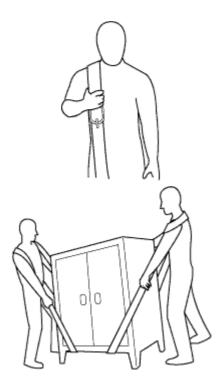


• Vacuum lifters to handle sheet materials or plates.



- Furniture straps to lift and move heavy, bulky objects.
 - Position the buckle between the body and the load.
 - Keep body straight.





Fact sheet last revised: 2023-07-26

Disclaimer

Although every effort is made to ensure the accuracy, currency and completeness of the information, CCOHS does not guarantee, warrant, represent or undertake that the information provided is correct, accurate or current. CCOHS is not liable for any loss, claim, or demand arising directly or indirectly from any use or reliance upon the information.