

Manual Materials Handling (MMH)

MMH - Handholds on Load and Gripping Aids - II

On this page

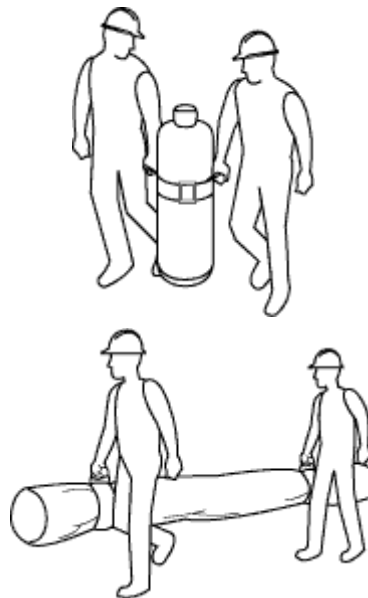
[What should I know about grip aids?](#)

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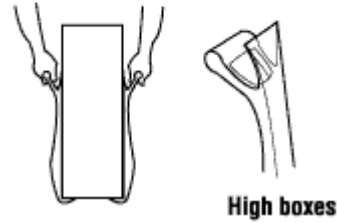
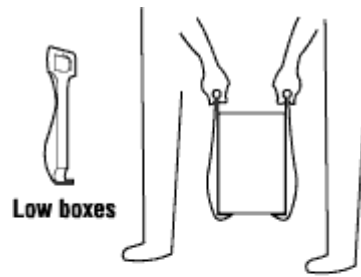
Gripping aids are used to lift or carry awkward loads that do not have handles. For more information on grip, please see [MMH - Handholds on Load and Gripping Aids - I](#).

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

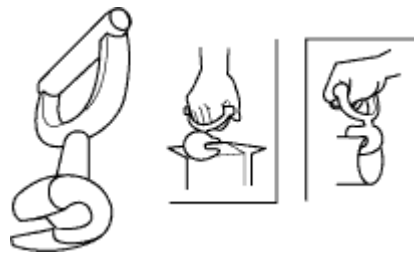
- Lifting straps for cylindrical objects.



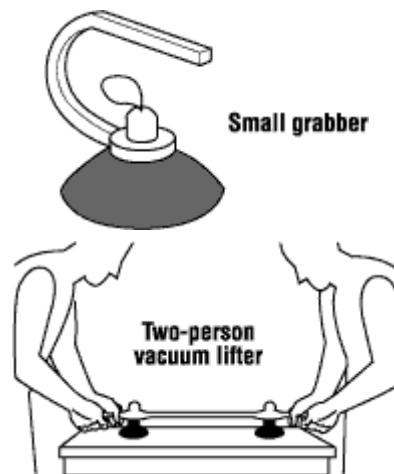
- Carrying handles for boxes.



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

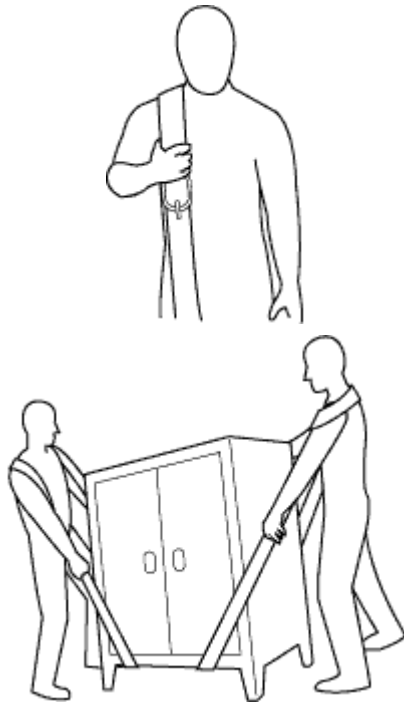


- Vacuum lifters to handle sheet materials or plates.



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





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