

# Manual Materials Handling (MMH)

## MMH - Materials Flow

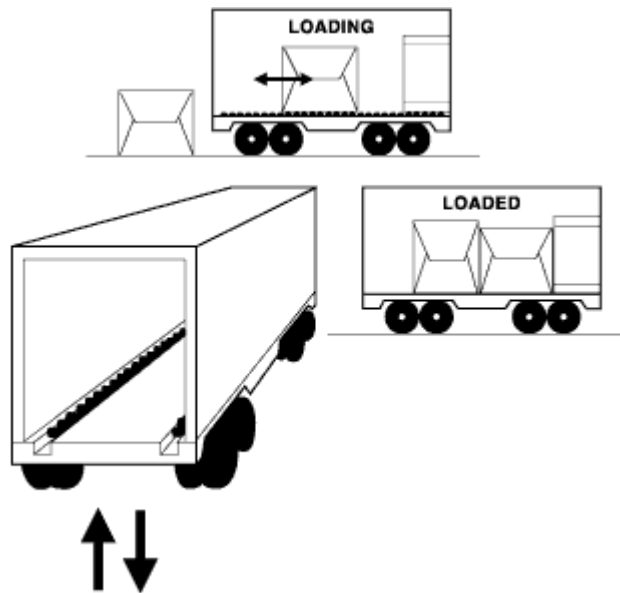
### On this page

[What can be done to reduce the amount of times material is moved or handled?](#)

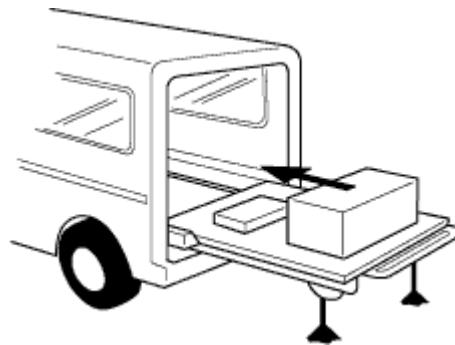
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### What can be done to reduce the amount of times material is moved or handled?

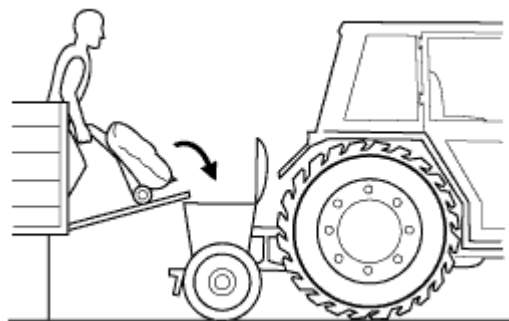
- Optimize the movement of materials to eliminate unnecessary manual handling steps.  
Options include:
  - Combining operation locations.
  - Shortening carrying distances.
  - Monitoring inventory so that stock is not moved more than necessary.
- Use conveyors, slides, or chutes to link workstations and storage areas to reduce carrying distance.
- Use an "air" table to help slide packages across a surface.
- Use vertical or horizontal carousels to rotate materials closer to the worker.
- Store materials close to where they are needed.
- Use rollers to eliminate manual lifting and carrying.
- Use floor rollers while loading or unloading trucks to reduce lifting.



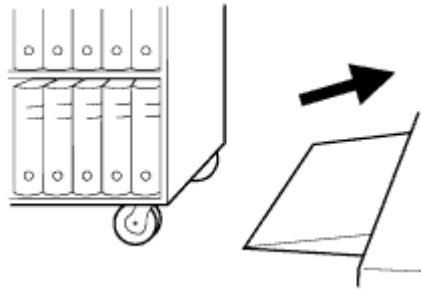
- Use a sliding bed while loading and unloading small trucks to avoid overreaching and carrying in an awkward position.



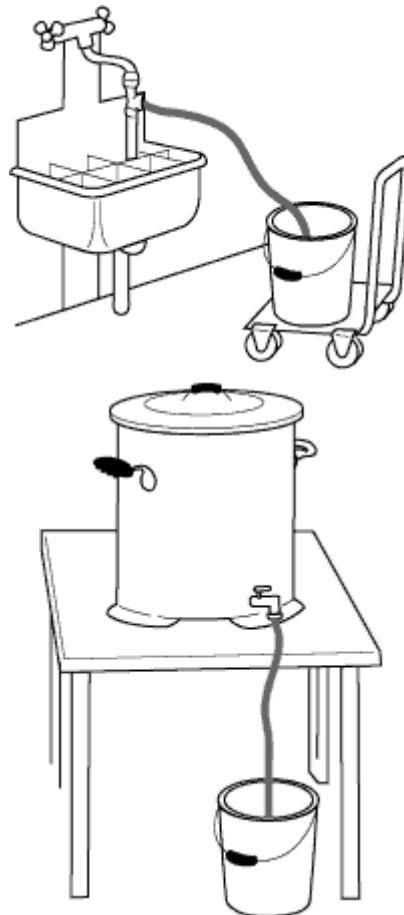
- Eliminate extra loading or unloading steps where possible.
- Unload as close as possible to the place where the material will be needed.

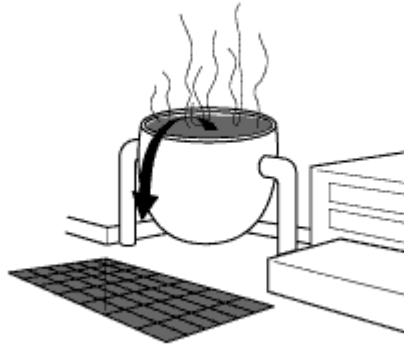


- Use ramps to avoid lifting and dragging over edges.



- Use containers that allow fluids to pour or empty without lifting the container.
- Use a siphon or pump to move liquids instead of lifting the container. For hazardous liquids, make sure appropriate controls and procedures are followed, including [grounding and bonding](#) for flammable liquids and [personal protective equipment](#).

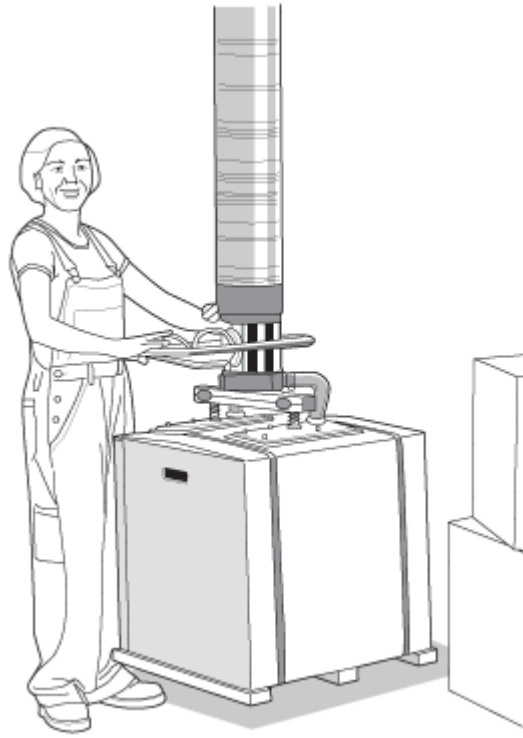




- Use a powered stair climber to reduce the effort and force needed to move loads up and down stairs.



- Use a vacuum lift to eliminate manual lifting and carrying of large packages, containers, boxes and barrels.



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Fact sheet last revised: 2025-03-12

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