

# Manual Materials Handling (MMH)

## MMH - Sheet Materials

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## How should sheet materials be handled?

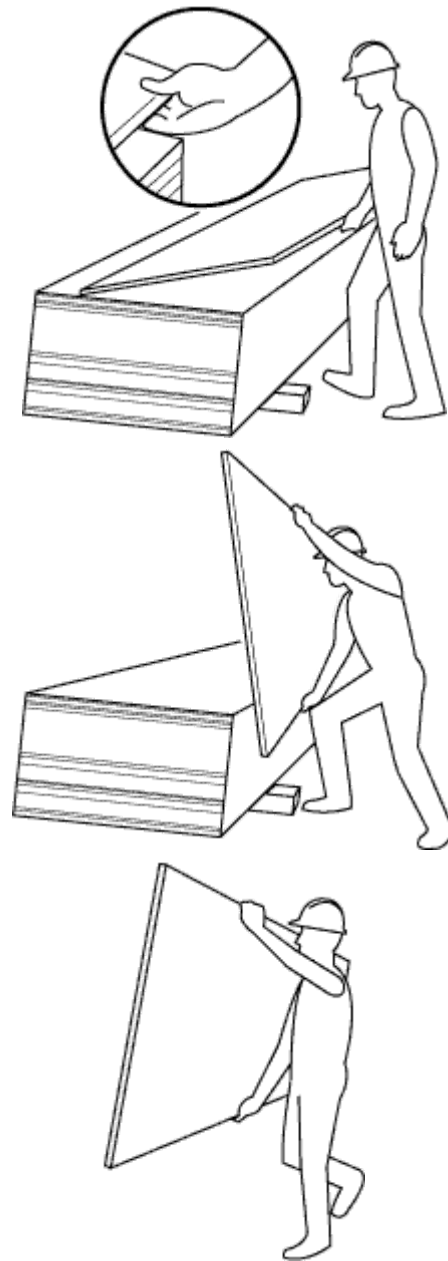
Sheet materials may include drywall, plywood, glass, or other materials. Handling sheet material single-handedly is always difficult and hazardous.

- Store the sheet materials at a convenient height above ground.
- Do not lift and carry sheets without training.
- Always wear appropriate safety shoes or boots to prevent materials from falling on your feet.
- Wear gloves to help with grip and to avoid splinters, sharp edges, etc.

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## What should be done when lifting sheet material?

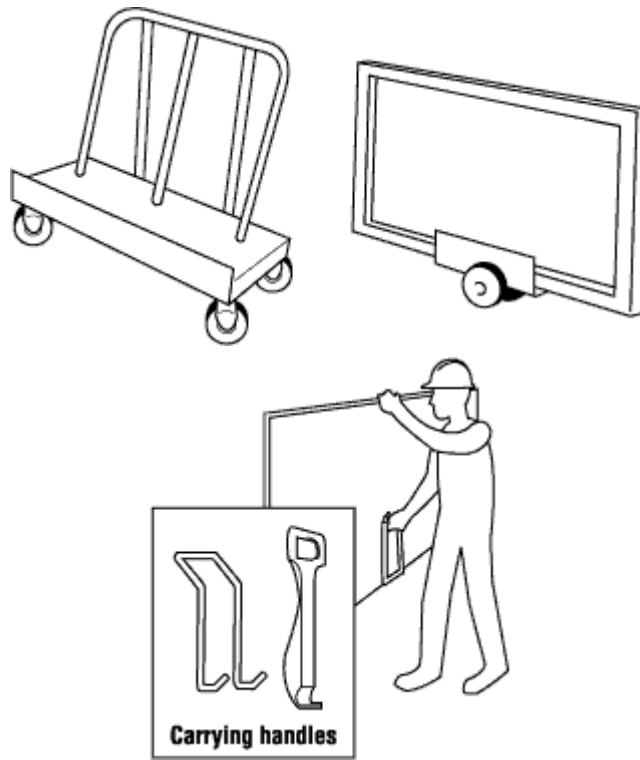
- Stand close to the pile of sheets in a walking stance.
- Grasp the sheet firmly at the mid-point of its long side with the closer hand.
- Pull the sheet up and towards your body.
- Change your grip using your other hand and put your fingers on top of the sheet.
- Pull the sheet up to a vertical position and to the side until one-half is off the pile.
- Grasp the lower edge of the sheet with the free hand and support the hand by placing it on your knee.
- Stand up without bending and twisting your body.



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## What should be done when carrying the load?

- Use drywall carts or another appropriate cart to carry sheet materials.
- Get help from another person when carts are not available or if the load is too awkward or heavy to move alone.
- Apply carrying handles for manual carrying.
- Grasp the carrying handles firmly when carrying the load.
- Always use gloves and carrying handles for glass and other materials with sharp edges.
- Make sure the pathway is clear and has no obstructions.



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