

# Manual Materials

## Handling

[MMH] is the most common cause of occupational fatigue and lower back pain

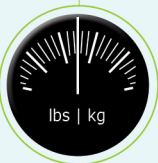


### before lifting



Check to see if mechanical lifting aids are available.

Assess/identify the weight of the load.



Get help with heavy or awkward loads.

Ensure that the load is free to move.

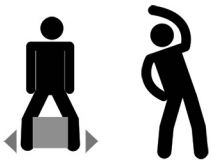


Check that the path is clear and free of grease, oil, water, and objects.

Ensure that you can lift the load without over-exertion.



### safe lifting tips



Prepare for the lift by warming up your muscles.

Stand close to the load and face the direction you intend to move.



Keep arms straight and abdominal muscles tight.

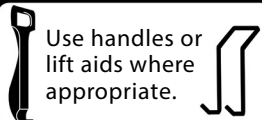


Avoid twisting, side bending, and carrying loads with only one hand.

Lift smoothly, without jerking.



Lift with your legs and body weight, not with your back.



Use handles or lift aids where appropriate.

Tuck chin into your chest.



Keep your back straight and butt out.

Lift load as close to and as centred to body as possible.

