

Material Handling



Ergo Insights

Lifting Techniques

The ABC's of Lifting

A: Assess the Load

- Test the weight and balance of the load by lifting a corner or reading a packing label
- Where is it located; on the floor or at waist level?
- Determine if you need help

B: Be Prepared

- Wear appropriate footwear (non-slip, closed back, and possibly steel-toed)
- Remove any trip hazards
- Get a good grip on the load

C: Complete the Lift

- stand with a wide base to use the power position,
- bend the hips and knees while keeping the spine aligned
- face the object directly to avoid twisting,
- keep the object close to the body,
- tighten the stomach muscles while lifting, and
- lift slowly with control



Correct Lift



Incorrect Lift



ISSUE

RECOMMENDATIONS

Lifting and placing equipment and tools



- Assess the task and ask for assistance if needed.



- Store heavy objects on the middle shelves.
- Rotors are awkward and weigh up to 35 lbs. Ask for assistance, use carts, and/or use a pully system if available.
- Store frequently used items close to the worker.
- Use a sturdy step to reach higher shelves. Immediately put the step or ladder away after use to avoid a tripping hazard.



Transporting materials and equipment





- Use carts and hand trucks to transport materials, equipment, and supplies.






- Use a doorstopper to hold the door open. If a door stopper is not available, ask for assistance or check for clearance and move backwards using your body to hold the door.

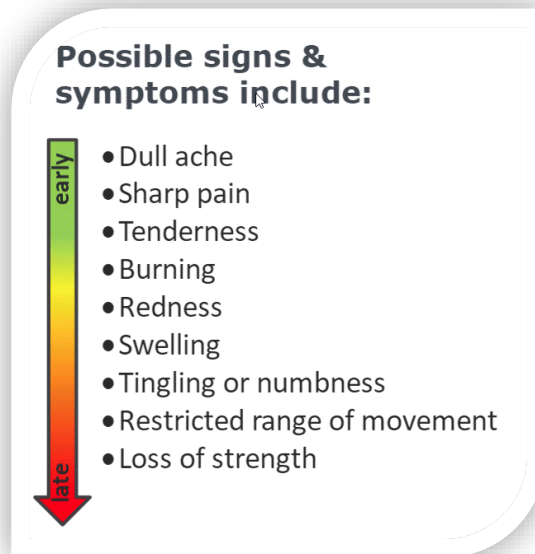
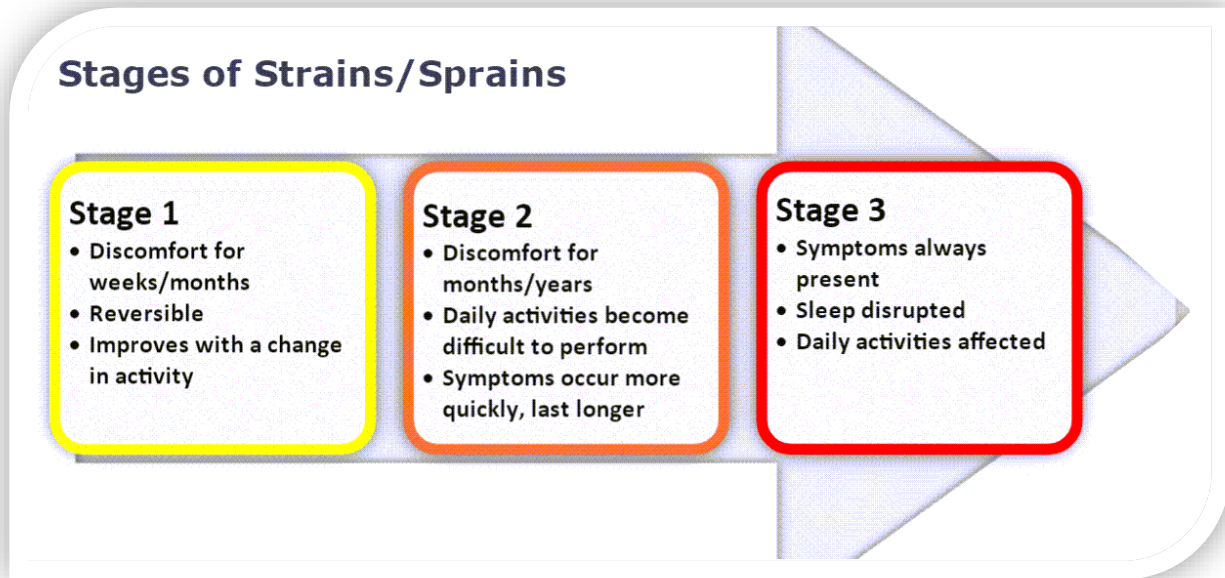


Workplace Warm Up

📄 ISSUE	✅ RECOMMENDATIONS
<p>Muscle fatigue, weakness, stiffness, discomfort, tenderness, sharp pain, and achiness.</p>  <p>https://www.ewiworks.com/</p>	 <p>Perform warm-up activities prior to starting physical work (before your shift, after lunch and after prolonged sedentary activity). Spend 5 minutes performing activities to increase blood flow to the working muscles.</p>

Micro-breaks – Material Handling

📄 ISSUE	✅ RECOMMENDATIONS
<p>High Force Muscles become tired and require a break.</p>  <p>https://www.ewiworks.com/</p>	<ul style="list-style-type: none">• Take a micro-break after exerting high force (heavy lifting or multiple lifts) to help restore energy to the working muscles. Micro-breaks can consist of general movements to help with blood flow, recommended exercises provided by your health care provider, and/or an activity different than the work tasks (example: after lifting change the activity to pushing a cart).   <ul style="list-style-type: none">• Take more frequent micro-breaks for seasonal or new (prolonged or repetitive high force) activities and when performing high force activities when you are tired (typically beginning and end of the shift).



Diagrams: <https://www.ewiworks.com/>

Early detection of discomfort is extremely important to mitigate injury progression. Refer to the **Proactive Ergonomic Program** website for further symptom prevention and management information.