

SafetyTalk

Topic: Manual Material Handling

Accidents involving manual material handling are one of the most common causes of injury in the workplace. It might seem simple, but taking a moment to pause, plan and think before lifting an object can greatly reduce the potential for ergonomic injuries.

General Safety Tips

- Test the weight of the object before the move begins.
- Create a clear pathway before starting the task.
- Use a balanced stance – stand with your feet shoulder-width apart.
- Keep the lower back in its natural/neutral arched position.
- Maintain a secure grip on the item.
- Lift with the legs and stand in a smooth, even motion.
- Bend at the knees and hips before the lift begins.
- If an even and smooth lift cannot be performed, then the load is too heavy.
- Never twist and lift which can put additional stress on the back.
- Move the feet (pivot) when changing directions.
- Position the feet in the direction of the transfer and pivot your body.

Topics to Discuss

- Available lifting equipment
- Identify potential ergonomic stressors
- Procedures to follow if a lifting injury has occurred

Resources

For more information about this topic, visit:

- United Heartland Resource Library – Ergonomics: [UnitedHeartland.com/resource-library](https://www.unitedheartland.com/resource-library)
- Occupational Safety and Health Administration – Ergonomics: [OSHA.gov](https://www.osha.gov)

SafetyTalk

Topic: Manual Material Handling

Date: _____

Location: _____

Meeting Organizer: _____

Organization Name

Items Discussed:

Problem Areas or Concerns:

Attendees (Names/Signatures):

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Comments:
