

Did You Know?

The statistics for Manual Material Handling (MMH) injuries and accidents report over 600,000 overexertion injuries, comprising 27% of lost workdays. Lifting injuries constitute 370,000 injuries, pushing and pulling injuries constituted 93,000 injuries. There are numerous injuries from strains and sprains, fractures, cuts, and bruises.

Prevention:

Good planning and safety practices for handling large loads include the following:

- Get assistance when handling large loads.
- To block a raised load, ensure your hands are not under the load prior to releasing.
- Use blocking materials with proper strength.
- Perform a visual check on edges for cracks, splintered pieces, rounded corners, and other damage.
- Where practical, attach handles or holders to assist with moving loads.
- Use appropriate Personal Protective Equipment (i.e. gloves, safety glass, safety boots, etc.).
- When possible, avoid manual lifting.
- Ensure you understand equipment rating capacity.
- Keep load close to your body.
- Do not bend or twist sideways.

Proper forklift use:

- Center load.
- Don't overload forklift.
- Travel at the lowest possible position.
- Don't counterbalance by adding additional weight.

Stacked loads:

- Ensure stacked loads are correctly piled and cross-tiered.
- Ensure areas are free of accumulated materials.
- Do not store materials within 6 feet of hoist ways or 10 feet of exterior walls.
- Properly store incompatible materials separately



Lumber and Brick Storage:

- Maximum stack height of lumber is 16 feet with manual handling and 20 feet with a forklift.
- Ensure no nails or other protruding hazards are in the wood.
- Bricks should be stacked no higher than 7 feet.
- Stacks above 4 feet must taper to 2 inches per foot.

Block and Bag Storage

- Masonry blocks above 6 feet are to be tapered 2 blocks per tier.
- Bags and bundles should have interlocking rows.
 - There should be a step back at least every 10 layers.
 - Remove block or bag from the top of the stack.
 - Baled paper should be at least 10 inches from walls, ceilings or sprinkler heads.

Box and Drum Storage

- Hold boxed material in place with cross ties or shrink wrap.
- Stack drums, barrels or kegs symmetrically (for side storage block the bottom to prevent rolling).
- Use bins or shelves for materials that are not stackable.

Hand Trucks

- Tip the load forward and slip the tongue under the load.
- Maintain a low center of gravity.
- Keep load height low enough to see where you are going.

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