



CSC Hanford Occupational Health Services offers ergonomic support to Hanford contractors through participation on ergonomic teams, work site assessments, web-based resources and print materials.

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Manual Material Handling

Techniques and Tips for
Safe Lifting and Carrying



LIFTING/LOWERING

CARRYING



GENERAL WORKPLACE SUGGESTIONS

- Utilize task rotation (rotate employees through different tasks)
- Ensure adequate rest periods
- Modify environment and work practices to maintain neutral postures

- Use mechanical lifts whenever possible
- Minimize the distance loads need to be moved
- Use tables/shelving so loads can be placed no lower than knuckle height
- Label heavy loads
- Reduce the weight of the load by limiting capacity (i.e. smaller containers)
- Physically prepare your body for a heavy lift by stretching and getting into the proper position.
- Keep loads as close to the body as possible
- Use leg muscles to lift, keep the back straight
- Avoid twisting, turn with the feet instead



- Slide, drag, push or pull loads instead of carrying whenever possible
- Clear a path
- Label heavy loads
- Reduce capacity of container
- Keep loads close to the body
- Keep loads between knuckle and chest height
- Minimize carrying distance by using wheeled dollies or carts
- When carrying load with one hand, alternate hands throughout the carry
- Use both hands when possible

