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10 things to remember about Material Handling

1. Get help when a load is too bulky to properly grasp or lift.
2. Get help when you can't see around or over the load.
3. Get help when you can't safely handle the load.
4. Attach handles to loads to reduce the chances of getting fingers smashed.
5. Break the load into parts to reduce the weight.
6. Know where you're going before you lift the item. Pre-plan your task!
7. Lift with legs, keep back straight, do not twist.
8. Use handling aids - such as dollies, forklifts and rolling carts to reduce back strain injuries.
9. Avoid lifting heavy loads above shoulder level.
10. Take breaks when you are doing a repetitive task. Switch off with another worker to reduce repetitive motion injuries.