

HPMC OCCUPATIONAL MEDICAL SERVICES



HPMC Occupational Medical Services offers ergonomic support services to most Hanford contractors through ergonomic teams, site assessments, web-based resources and print materials.

Occupational Health and Wellness

**1979 Snyder Suite 120
Richland, WA 99352**

**Phone: (509) 376-2109
(509) 376-9040**

www.hanford.gov/health



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

