

SAFETY TIPS ON MATERIAL HANDLING & LIFTING

1 Check the weight to be sure that you are comfortable with the lift. Do not lift anything you think is too heavy!

2 Use handles, handholds or cutouts if available

3 Use carts with large wheels. A larger wheel rolls easily and requires less force over door thresholds, elevator gaps etc. Small wheels get caught on holes and other floor irregularities.



4 Bend your knees and with your back straight, lift the load with a good grip and keep the load close to the body. Do not lift and twist



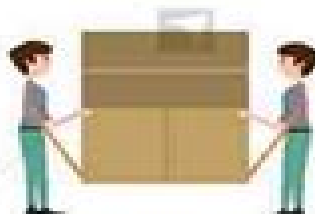
5 Get help and coordinate the move with your partner



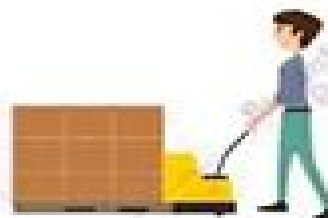
6 Use lift assist equipment or devices whenever possible



Rolling Cart



Harness



Electric Pallet Jack

Safety Manual Guidelines

United States. Marine Safety Council

A red circular graphic with a gradient, appearing as a stylized sun or a lens flare, positioned to the right of the United States Marine Safety Council text.

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