

# Section 12

## MATERIAL HANDLING

### 12.1 Manual Handling Lifting of Material

- (a) When any heavy object is to be lifted and carried to another point, first inspect and clear the area and route over which the object is to be carried. Be sure nothing is in the way that might cause slipping or tripping.
- (b) Inspect the object to be lifted to determine how it will be grasped. Make sure it is free of sharp edges, protruding nail points, slivers or other hazards that might cause injury to the hands or body. Wear appropriate gloves to protect hands. (See Section 3.)
- (c) Do not permit material storage within 6 ft (1.8 m) of escalator wellways.

### Lifting Loads

- (a) Incorrect lifting methods require unnecessary effort and often cause strain or other types of injuries. When it is necessary to lift any object which is difficult for one person to handle, ask for help.
- (b) The safest way to lift is actually the easiest way to lift (see Figure 12a):

Figure 12a

