

ERGONOMICS: MATERIALS HANDLING

Material handling is defined as any activity requiring a person to lift, lower, push, pull, carry, throw, move, restrain or hold any animate or inanimate object. Those who perform manual handling tasks are at an increased risk of repetitive stress injuries.

Preventive Measures and Controls

- **Engineering Controls:** Making changes to workstations, tools or equipment used on the job or changing the way a job is done to avoid injury. Examples include safe lifting training, using mechanical aids when needed and team lifts.
- **Administrative and Work Practice Controls:** Making changes in the way an employee performs the physical work activities of a job that reduce or control exposure to MSDS hazards. Examples include job rotation, neutral postures, use of two-person lift teams, modify work practices and frequent breaks to allow for rest and recovery.