



JOB AID HAZARD AWARENESS INFO

MANUAL MATERIAL HANDLING

Manual material handling work is carried out in most workplaces. Musculoskeletal injuries are a common hazard for workers who perform this type of work. In fact, musculoskeletal injuries are the leading cause of injury in Ontario and Canada.

Workplaces can reduce injuries and help workers to work safely and easily by implementing and upholding proper policies and procedures.

Hazards Involved/Arise

- Too much force
- Too much repetition
- Awkward postures
- Combinations of the above risk factors
- Slippery or uneven walking surfaces
- Poor housekeeping
- Work area — obstructed, pathway blocked, obstacles present/trip hazards
- Moving the load over large distances

People Affected

- Employees
- Supervisors

Existing Controls

- Recognize, assess and prioritize the hazards
- Redesign tasks and jobs to minimize the risk factors
- Train workers and supervisors
- Use mechanical means (e.g., forklift, scissor lift, conveyor, cranes) to reduce or eliminate heavy, awkward and repetitive lifting tasks
- Clear, unobstructed walkways and even, non-slip walking surfaces
- Good housekeeping
- Use carts, dollies, or conveyors to reduce the need to carry objects
- Get help with heavy/awkward loads
- Alternate between heavy and light tasks

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