

Manual Materials Handling

Do's and don'ts

DO	DONT
Know the weight of object	Don't bend or twist at the waist
Use lifting tools when possible	Don't use a partial grip
Plan the lift and clear your path	Don't obstruct your vision when carrying
Keep the object in the power zone	Don't pull a load when you can push it
Get help for heavy or awkward loads	Don't lift quickly
Use your legs to lift	Don't hold your breath—breathing reduces fatigue
Pivot your feet to avoid twisting	



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