



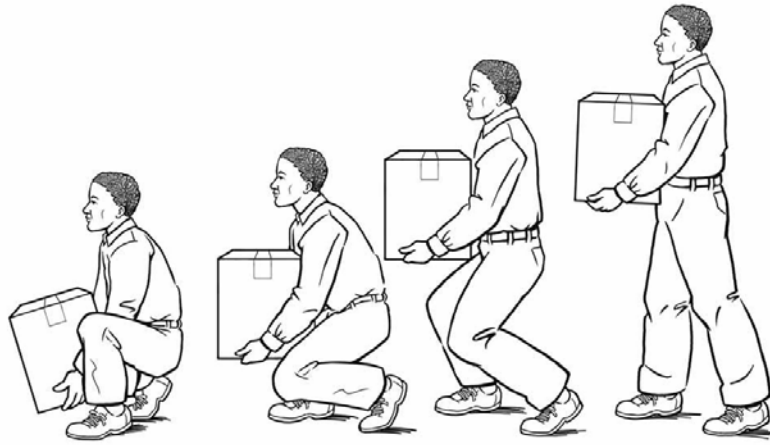
Ergonomics

eSafetyLine - Safety Talk

Safer Materials Handling

Sometimes manually moving equipment or materials at a job site can't be avoided. This is unfortunately a source of many injuries in construction. While there is no way to completely remove the threat of injury, there are ways to minimize this threat. NIOSH has developed a very informative booklet called "Ergonomic Guidelines for Manual Material Handling" (Publication Number 2007-131). It is available free from NIOSH's website. Along with the use of handling and transport equipment, NIOSH strongly recommends increased training in ergonomics. It is felt that increased training will help employees more quickly identify potential problems and find effective solutions BEFORE an injury occurs. An essential topic in the training should be basic lifting guidelines. NIOSH recommends that one person lift no more than 51 lbs. when the lifting can be done using the following "best practices":

- When an employee picks up or sets down a load, they should reach more than 10 inches away from their body.
- The employee shouldn't twist the body.
- The load should be lifted with the legs, not the back. The back should be kept as straight as possible at all times.
- The load should be lifted using a solid two-handed grip.



The above illustration demonstrates the proper lifting technique that should be used when an employee is manually moving materials following "best practices". Unfortunately, when lifting, holding, and positioning materials on a construction site your employees can't always follow these "best practices." In that case, the 51 lb. weight limit to be lifted by one employee needs to be lowered.

Discussion Questions

What is the weight limit to be lifted by one employee under ideal conditions?

What are the 4 points NIOSH recommends under "best practices"?

MEETING / TRAINING ATTENDANCE ROSTER

COMPANY: _____

_____ SAFETY MEETING

JOB/DEPT: _____

_____ SAFETY TRAINING

DATE: ___/___/___

TIME: _____

TOPICS ADDRESSED: _____

EMPLOYEE'S SIGNATURES

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

EMPLOYEE SUGGESTIONS AND RECOMMENDATIONS: _____

ACTION TAKEN: _____

Supervisor's Signature

_____/_____/_____
Date

Safety Coordinator's Signature

_____/_____/_____
Date