THE DANGERS OF IMPROPER
MANUAL MATERIAL HANDLING

Manual material handling (MMH) includes some of the most basic workplace movements—actions such as pulling, pushing, holding, and lifting. But if not given the proper attention, it can lead to costly injuries.

Implementing principles of ergonomics can save medical costs, increase morale, productivity, and product quality.

MANUAL MATERIAL HANDLING TIPS

PRESSURE POINTS
Be cautious to where loads and containers contact the body, especially hard surfaces and sharp edges. Design work and use mechanical aids to reduce the pressure.
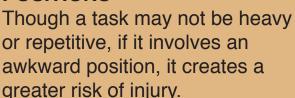
Manual materials handling is the most common source of compensable injuries in the U.S. work force.[1]

MORE THAN 80%
of work-related musculoskeletal disorder (WMSD) claims were caused by manual material handling[2].

FUNCTIONAL WORKSPACES
Arrange work areas and routines so that awkward positions, bending, and reaching are minimized.

WORK-RELATED MUSCULOSKELETAL DISORDER CLAIMS WHERE THE INJURY TYPE WAS SPECIFIED:[2]

55%
were related to **lifting**

17%
were related to **holding, carrying, & turning.**

14%
were related to **pushing** & **pulling**

USE MECHANICAL DEVICES
for lifting and conveying loads whenever possible, from hand trucks and wheeled carts to scissors lifts, pneumatic lifts, and powered stackers.

ANNUALLY, THE ECONOMIC IMPACT OF WMSDS NATIONWIDE IS MORE THAN

$45 BILLION[3]

AVOID AWKWARD POSITIONS
Though a task may not be heavy or repetitive, if it involves an awkward position, it creates a greater risk of injury.

1. OSHA Technical Manual https://www.osha.gov/dts/osta/otm/otm_vii/otm_vii_1.html
2. Material Handling: The Secret to Reducing Workplace Injuries and Expenses
   http://www.ehstoday.com/safety/material-handling-secret-reducing-workplace-injuries-and-expenses
3. Work-Related Musculoskeletal Disorders (WMSDs) Evaluation Measures
   https://www.cdc.gov/workplacehealthpromotion/health-strategies/musculoskeletal-disorders/evaluation-measures/index.html

Learn how Fit For Work can help save you money by implementing safe manual material handling practices in your workplace.

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