

MCAA Toolbox Safety Talks

Moving Materials and Equipment

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Moving materials is a daily requirement in the mechanical industry. Unfortunately, improper handling of materials results in many injuries to mechanical workers each year. However, there are a few key steps you can take that will help you prevent most material handling injuries.

- Have all materials delivered as close to your immediate work area as you possibly can.
- When you have to move materials closer to your work area, use material moving equipment such as forklifts, wheel barrels, pipe carts, dollies and hand trucks.
- Never lift and move materials that can be moved by some other means.
- When you have to lift and move heavy or bulky objects always get help from a coworker.
- Always use proper lifting techniques. Get as close to the object as you can. Bend your knees. Get a firm grip on the object. Keep your butt down and your head up. Tuck in your arms and elbows. Use your legs to raise your body and lift the object in a slow smooth motion.
- When you are carrying an object never twist your torso. Move only your feet to change direction.
- Wear gloves to protect your hands from cuts and scrapes, especially when working with sheet metal or sharp edges on pipe.
- Think ahead about where you are placing your hands when moving materials to avoid having them pinched or crushed.