

Checklist: How you handle your material ergonomically correct



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Your focus when handling material



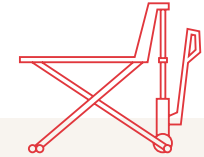
Are you dealing with material handling in your company?

To guarantee the health of your employees, it is of utmost importance that the material handling is done ergonomically correct!

Do your processes imply transport of pallets and goods?

Then DO consider:

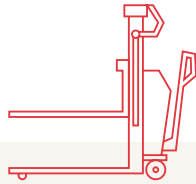
- that the starting power of your equipment, if any, - both pulling and pushing - is as low as possible
- that it should also be easy to make your equipment stop
- that the handle has an ergonomically correct design
- that only little power is necessary for the pump function when lifting manually
- that the equipment is easy to manoeuvre, meaning a minimum strain of arms and back



Do your processes imply work at machines and assembly lines?

Then DO consider:

- that the back of the user can operate in its "intermediate position"
- that the user can move freely on the floor in order to avoid twisting of his back and neck
- that the working height is ergonomically correct all the time in order to avoid that the user bends his back - when working in too low levels - and to avoid that the user lifts his shoulders and arms - when working in too high levels
- that the distance to the item is as short as possible (within reach)

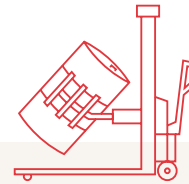


Do your work processes imply transporting and stacking?

Without equipment this work would mean large strain on the user due to lifting low and high in awkward positions.

Then DO consider:

- that minimum power is necessary for the pump function on a manual truck, meaning a minimum strain of shoulders and arms
- that the equipment is easy to manoeuvre, meaning a minimum strain of arms and back
- that the handle of the equipment has the correct thickness and angles according to ergonomic principles
- that the user has a good view over the load during the operation and at the same time has a correct working position

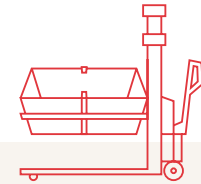


Do your work processes imply handling of drums?

If handling of drums has to be performed manually, two persons are needed. This type of situation will often result in serious strain of their backs and arms, due to the weight and size/shape of the drums.

Then DO consider:

- that the back of the user can operate in its "intermediate position"
- that lifting and handling of drums should not be performed manually, because the strain of back and shoulders will be too severe and will imply a high and immediate risk of accidents
- using ergonomically correct equipment



Do your work processes imply filling and emptying boxes/containers?

Then DO consider:

- that the back of the user can operate in its "intermediate position"
- that the distance to the items is as short as possible considering back and shoulders
- that the angles allow the user to reach the items without bending or twisting his back
- the arms are not lifted above shoulder level
- the weight of the lift is not too heavy