

MATERIAL HANDLING

LAB ACTIVITIES

1.

Explain what types of materials or tools are students expected to lift and carry (dies, chucks, stock, etc.).

2.

Job Hazard Evaluation using the Risk Factors Checklist (pg 53 - Ergonomic Guidelines for Manual Material Handling – found in the “I want to know more” folder)

- Divide class in 2-4 groups and assign each group a lifting/carrying task to evaluate.
- Give each group of students a copy of the Risk Factors Checklist.
- Ask each group of students to designate 1 or 2 students to perform the task, while the rest of the group completes the checklist.
- All student groups report their findings:
 - What was the task evaluated?
 - What risk factors were identified?
 - How can the risk factors be reduced or eliminated?
- Collect the inspection sheets and follow-up on identified issues.

