

MODULE OVERVIEW

This module provides a review of the ergonomic risk factors related to material handling, and examples of worker compensation claims and associated costs. Proper techniques for safe lifting are discussed in detail. Students review options for manual-mechanical lifting, and learn about mechanical lifting devices. Students are reminded about the specific material handling-related rules in the shop.

OBJECTIVES

After completing this module you will be able to:

- List the activities most likely to lead to back injuries
- Identify the costs associated with work-related injuries
- Demonstrate proper lifting technique for a one and two-person lift
- List the equipment available in the shop for manual-mechanical lifting
- Explain that mechanical devices such as forklifts and hoists can only be used after participating in additional training

CLASSROOM (15 min)

PowerPoint presentation

LAB

none

HOMEWORK

- **Material Handling – Refresher - Homework.pdf** – Students read about the usefulness of using back belts to prevent back injuries.
- **Quiz**

ADDITIONAL RESOURCES

“I want to know more” folder – information on manual material handling and tool selection guidelines

