



Safety Talk



July 2021

Product / Material Handling

Hazards involving product / material handling can lead to serious worker injuries and even death. In particular, workers are at risk of injuries resulting from being struck by, caught between, or crushed by product / materials, equipment, lifting devices or vehicles. Workers are also at risk of developing musculoskeletal disorders, such as lower back or shoulder injuries.

Proper material handling can prevent these types of injuries.

The efficient handling and storing of product / materials are critical in minimizing the risk of injury by limiting the number of times we move the product / materials within the workplace.

Employers are responsible for protecting workers from product / material handling hazards.

Tips for Product / Material Handling

- Avoid lifting product / materials from the floor or while seated.
- Make use of available handling aids such as carts, pallet jacks and forklifts.
- Refrain from using sudden or jerky movements.
- Never lift a load over an obstacle.
- Perform lifts in areas with adequate footing, space and lighting.
- Modify objects and redesign jobs to make moving easier.
- Seek assistance from co-workers.
- Begin lifts close to the body.
- Reduce load sizes when possible.
- Do not twist or bend while lifting objects.
- Reduce the amount of repetitive, heavy and bulky lifts.
- Keep lifts between waist and shoulder height.



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