

Manual Materials Handling (MMH)

MMH - Team Handling

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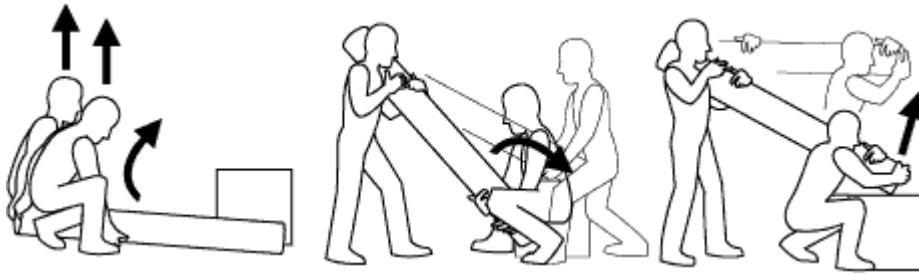
What is team handling?

"Team handling" occurs when more than one person is involved during the lift.

- Use team lifting and carrying where other solutions are inappropriate.
- Remember that the combined strength of the team is less than the sum of individual strength.
- Select team members of similar height and strength.
- Assign a leader to the team.
- Determine a set of commands to be used, such as "lift," "walk," "stop," and "down." Make sure that everyone knows what to do when they hear the command.
- Follow the commands given by the team leader.
- Practice team lifting and carrying together before attempting the task.

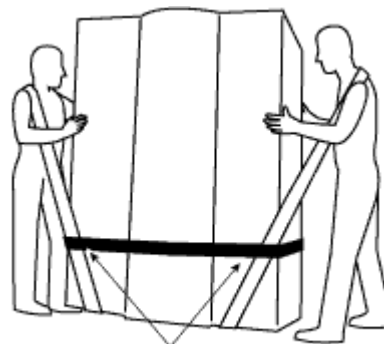
What should be done when lifting and carrying long objects as a team?

- Use a shoulder pad to reduce compression.
- Carry the load on the same shoulder. By doing so, if the load begins to fall, both workers can step out of the way safely.
- Walk in step. Note that if the load is flexible, walking out of step may help prevent the load from bouncing.



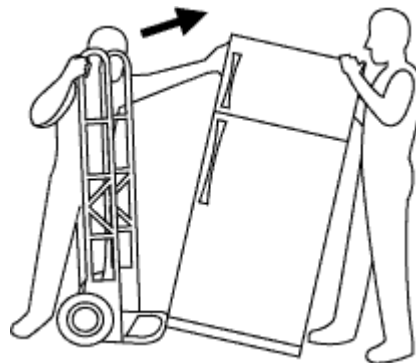
What should be done when lifting and moving furniture as a team?

- Use straps.
- Adjust the length of the straps according to your height.

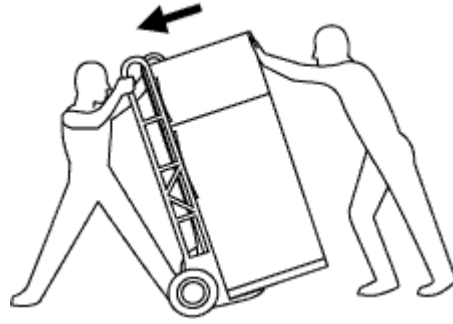


Webbing to secure straps

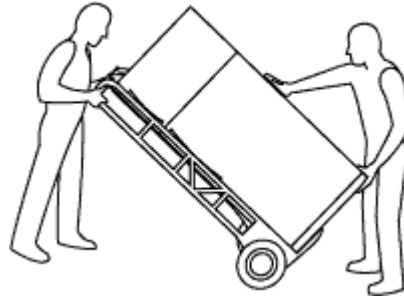
- Use webbing around straps to secure them from slipping off.
- Use dollies, furniture movers, or other platform trucks to assist in transport.
- Obtain assistance while loading a heavy object on the truck.
- Use your body weight to tilt the object.
- Place the lip of the truck under the object.



- Secure the load with straps.
- Tip the truck back with assistance.



- Move the load. The assisting person directs the movement.



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