

HANDLING MATERIALS CHECKLIST

Protective clothing and simple safety practices prevent losses and injuries.

More workers are injured on the job from the manual handling of materials than for any other reason. One out of every four work injuries and one out of seven fatalities results from the manual handling of some article or material. By taking simple precautions at the workplace, you can protect yourself and your co-workers.

Preventing accidents can be easy

Many accidents can be prevented by wearing the right protective clothing.

1. Wear gloves to handle rough, hot, sharp, or toxic materials.
2. Wear safety shoes to handle heavy materials.
3. Wear approved respirators when working in harmful or dusty atmospheres.
4. Wear safety glasses when you are exposed to eye hazards
5. Wear prescribed protective clothing and use proper containers when handling caustic, acid, or corrosive materials.

It takes more than protective clothing to stay safe at your workplace. Also keep an eye out for potential hazards and use proper lifting technique to get your job done.

Checklist

1. Have you stopped, looked, and listened before starting the job?
2. What potential hazards could be involved in your project? How can you eliminate or control them?
3. Do you ask for help or substitute mechanical lifting for heavy or bulky materials and prolonged lifting tasks?
4. Do you clean up, wipe up, and pick up immediately to prevent falls?
5. Do you store materials so they do not project into aisles? Remember to protect sharp edges.
6. Do you bend your knees and keep your back straight to lift objects? Keep your feet close to the load and avoid bending at the waist. This strains your back muscles.
7. Do you wash thoroughly after handling dusty, dirty, or skin irritating materials?

It is easier, safer and more efficient to identify and eliminate hazards than to nurse injuries.

Thought Provokers

1. What conditions can you think of in our workplace that could cause an accident?
2. Are there any specific points or problems you wish to discuss?