

HANDLING MATERIALS

SAFETY TALK

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More workers are injured on the job from the manual handling of materials than for any other reason. By taking simple precautions at the workplace, you can protect yourself and your co-workers.

WHAT TO WEAR

1. Gloves to handle rough, hot, sharp, or toxic materials
2. Safety shoes for proper footing and to protect your feet
3. Approved respirators when working in harmful or dusty atmospheres
4. Safety glasses when you are exposed to eye hazards
5. All prescribed protective clothing and use proper containers when handling caustic, acidic, or corrosive materials.

CHECKLIST

- Have you stopped, looked, and listened before starting the job?
- What potential hazards could be involved in your project? How can you eliminate or control them?
- Do you ask for help or substitute mechanical lifting for heavy or bulky materials and prolonged lifting tasks?
- Do you clean up, wipe up, and pick up immediately to prevent falls?
- Do you store materials so they do not project into aisles? Remember to protect sharp edges.
- 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.
- Do you wash thoroughly after handling dusty, dirty, or skin-irritating materials?

THINGS TO THINK ABOUT

1. What conditions can you think of in our workplace that lead to unsafe material handling?
2. Are there any specific points or problems you wish to discuss?

ACCIDENTS ARE PREVENTABLE. LEARN MORE AT GRINNELLMUTUAL.COM.

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