



UNIVERSITY OF WYOMING

Safety Bulletin



Risk Management & Safety

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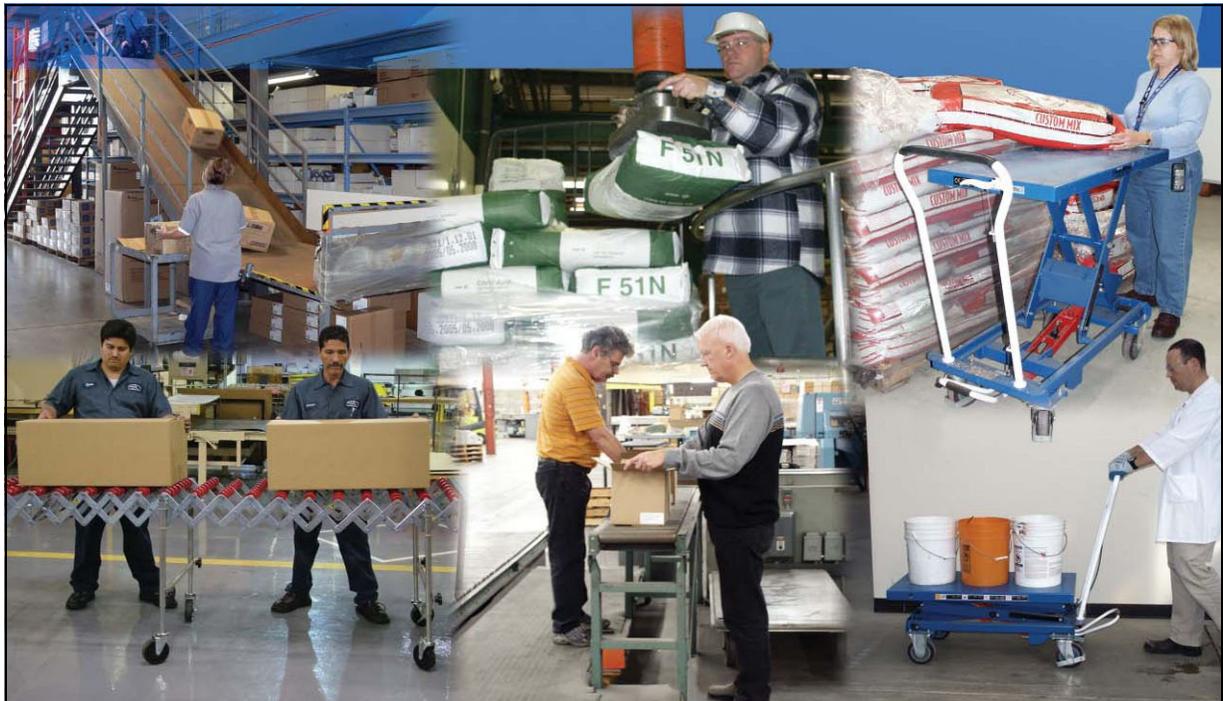
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Some Things to Remember: Manual Material Handling



Secure The Load - If you'll be lifting a load to a higher level, make sure the load is balanced and secured so it won't slip off. Restraints such as nylon strapping bands can be used to secure overhead goods. In some cases, merchandise to be stacked on top of racks can be shrink-wrapped in plastic to provide stability and keep loose boxes and other items from falling. If using plastic wrap remember that the plastic may stretch due to the high heat at the top of the racks and may cause the load to shift.

Another safety precaution is to provide netting on stored items or restraining bars to keep the load in place. If you're placing a load on a scaffold or platform, make sure there are guard rails or toe boards to prevent material from fall off.

Moving A Load - Never lift, lower or swing a load over anyone's head! Block off areas where loads are being lifted or lowered. Have a "spotter" in the adjoining aisle where items might be pushed off racks or platforms during moving or stacking of materials. If possible, restrict these stacking and heavy moving operations to hours when fewer people are present.