

# Download Manual Material Handling Safety Tips

Risk at Work - Manual handling. Manual handling causes over a third of all workplace injuries. These include work-related musculoskeletal disorders (MSDs) such as pain and injuries to arms, legs and joints, and repetitive strain injuries of various sorts. Strains, Sprains and Material Handling Safety Tips for Employers Construction is a physically demanding occupation. Improper manual handling of material may cause Manual handling relates to the moving of items either by lifting, lowering, carrying, pushing or pulling. The weight of the item is an important factor, but many other factors can create a risk of injury, for example the number of times you have to pick up or carry an item, the distance you are Retailers can reduce the number of strains and sprains in the workplace by using transport and lift-assist devices and modifying work practices to enable employees to work within their "power zone," NIOSH explains in a new safety publication.