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Subject: NIOSH publishes ergonomic guidelines for manual material handling

To All:

FYI- From JJ Keller's Safety Clicks at www.jjkeller.com and NIOSH at www.cdc.gov/niosh/

Gary

NIOSH publishes ergonomic guidelines for manual material handling

The National Institute for Occupational Safety and Health (NIOSH) has published a booklet for managers and supervisors in industries that involve the manual handling of containers. The publication, *Ergonomic Guidelines for Manual Material Handling*, offers suggestions to improve the handling of rectangular, square, and cylindrical containers, sacks, and bags.

Among other things, the booklet lists the benefits of improving work tasks. It also contains information on risk factors, types of ergonomic improvements, and effective training, and sets out a four-step proactive action plan. The plan helps companies identify problems, set priorities, make changes, and follow up.

The booklet also provides ways to improve lifting, lowering, filling, emptying, or carrying tasks by changing work practices and/or the use of equipment. Guidelines for safer work practices are also included.

And the booklet provides ideas for using equipment instead of manually handling individual containers. Guidelines for safer equipment use are also included.

To view the booklet, see <http://www.jjkeller.com/referencematerials/04250701.pdf?ticket=6875261547605340013918154720&pageseq=10000>

<http://www.cdc.gov/niosh/docs/2007-131/pdfs/2007-131.pdf>

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National Environmental, Health, and Safety Conference

for the Graphic Communications Industries
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