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learn how to reduce the physical demands of manual material handling work tasks and prevent musculoskeletal disorders this booklet provides illustrations and examples of ergonomic interventions such as equipment workstation design and workflow analysis manual handling is an activity of transporting or supporting a load including lifting pushing pulling carrying throwing and moving objects by hand or bodily force it is a common practice in different industries such as manufacturing construction agriculture and more learn what manual materials handling mmh is what makes it hazardous and how to prevent injuries find out about mmh and health hazards safe lifting practices mechanical aids and more handling and storing materials involve diverse operations such as hoisting tons of steel with a crane driving a truck loaded with concrete blocks carrying bags or materials manually and stacking palletized bricks or other materials such as drums barrels kegs and lumber manual handling or what we call manual tasks includes any activity where you use your body to lift lower push pull carry move hold or restrain anyone anything or even animals it is a common task in many workplaces including construction healthcare and retail manual material handling mmh work contributes to a large percentage of the over half a million cases of musculoskeletal disorders reported annually in the united states musculoskeletal disorders often involve strains and sprains to the lower back shoulders and upper limbs

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manual handling is an activity of transporting or supporting a load including lifting pushing pulling carrying throwing and moving objects by hand or bodily force it is a common practice in different industries such as manufacturing construction agriculture and more

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handling and storing materials involve diverse operations such as hoisting tons of steel with a crane driving a truck loaded with concrete blocks carrying bags or materials manually and stacking palletized bricks or other materials such as drums barrels kegs and lumber

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manual handling or what we call manual tasks includes any activity where you use your body to lift lower push pull carry move hold or restrain anyone anything or even animals it is a common task in many workplaces including construction healthcare and retail

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