

Removing Risks from Object Moving Tasks

De-casing/breakdown

The concept of de-casing or breakdown involves the process of taking larger boxes or items and separating into smaller/lighter more manageable pieces.

Minimal Handling

The concept of minimal handling involves the process of identifying the minimum number of times possible, that an object/material must be handled.

Task Variation

The concept of task variation involves the process of alternating isolated repetitive tasks of > 60 minutes with other tasks involving different bodily movements for > than 15 minutes.

Micro-Breaks

The concept of micro-breaks involves taking frequent shorter breaks involving rest and/or tasks of a different bodily movement every 20 minutes for 20 to 60 seconds.

Trip Frequency

The concept of trip frequency involves the strategy of performing more frequent trips with lighter loads than fewer trips with heavier loads.

Procedure Logo

The concept of procedure logo involves the process of identifying and posting the safest most efficient steps to complete a specific manual handling task. The procedure logo can consist of a series of pictures, written description or both.

Storage/Retrieval Strategy

The concept of storage/retrieval strategy involves the process of analyzing and identifying a safe process for storing and retrieving items/objects based on the following parameters: frequency of use, availability of storage/retrieval equipment (e.g., step stools, mobile stairs, pallet jacks), size/shape, weight/load, shelving depth/height and storage area accessibility. For example store frequently used items or heavier items at waist height and store smaller items on platforms above knee height rather than on the floor.

Chunking

The concept of chunking involves the process of analyzing and then breaking a task down into the completion of smaller sub tasks and not completing the entire task at one time.

Asking for Help

The concept of asking for help involves the early identification for the requirement of the physical/mental assistance from another co-worker or co-workers to complete a task.

source: Safe Moving and Repositioning Techniques (SMART[®]) program[®]

Safety Talk Discussion

Be Accountable: Choose safety - work safe - and go home injury free!