

AFL/I2I Heavy Stock Material Handling/Lifting Protocol

1) Determine if heavy stock material handling protocol should be enforced

- a. Weigh incoming stock material at welcome desk.
- b. If stock material weighs more than 40 lb. enforce heavy stock handling protocol.
- c. All round stock when on work benches must utilize the V-Blocks.

2) Heavy stock material handling protocol

- a. The client and TA's involved with the project should wear metacarpal protective gear.
- b. The protective gear will be supplied by the AFL.

3) Moving heavy stock material around the shop

- a. Use die cart to transport heavy stock around the shop.
 - i. Square, Rectangular stock may be directly placed on the die cart.
 - ii. Use V-blocks to secure round stock on cart during transportation and storage.
- b. Engage the cart brake before transferring stock from storage location to cart.
- c. Check that the stock is stable and well seated on the cart before moving the cart

4) Heavy stock material lifting & lowering technique

- a. Avoid lifting heavy stock and use hoist if possible
- b. Ensure that the people involved in the lifting do not have any physical condition that may affect lifting ability.
- c. Warn the client against lifting injuries from improper lifting technique
- d. Describe proper technique for lifting heavy objects
 - i. Feet should be apart (shoulder width) with one foot ahead of the other in the direction of intended movement.
 - ii. Knees bent (not squat); effective to transfer load to thigh muscle
 - iii. Back should be straight (not necessarily vertical). 15-20° from vertical is acceptable. Ensure that centre of gravity is over the load.
 - iv. Arms close to the body near the centre of gravity.
 - v. Head and chin up
 - vi. Hand and palm grasp ⇒ root of fingers and palm to hold
- e. Describe proper lowering technique

- i. When lowering heavy stock bend knees and not waist.
- ii. If at all there is a need to turn while lowering stock shift position of feet. DO NOT turn at waist.

Points to Remember

- a. Communication is very important when handling heavy stock. Communicate so that each person involved in the operation is aware of what the other person is doing at all times.
- b. Discuss the entire lifting operation with all parties involved before lifting heavy object.
- c. Check your path before carrying heavy object and confirm that the path is clear of tripping, slipping hazard.

References

- OSHO Pocket Safety Guide- Worker Safety Series, 2012,Publication #3220