



## Safety Tips Sheet No. 6: Management Guidelines for Safe Carrying and Transporting of Loads

*Safe carrying and transporting of loads will avoid workplace injuries and will increase the ability of a worker to safely and properly perform a job.*

*This is the 6th in a series of Safety Tips Sheets developed by the Crane, Hoist and Monorail Alliance concerning safe moving of loads. The content of this series was developed by Ergonomic Assist Systems and Equipment (EASE), which is a Council in the Material Handling Industry of America.*

### Management Guidelines for Safe Carrying and Transporting of Loads:

1. Plan the workflow to eliminate unnecessary carrying.
2. Slide, push, or roll instead of carrying, when appropriate.
3. Organize the work so that the physical demands and work pace increase gradually.
4. Reduce the distances that loads are moved to a minimum. If long trips are required, use equipment.
5. For loads that are unstable and/or heavy:
  - a. Tag the load to alert workers.
  - b. Test the load for stability and weight before carrying the load.
  - c. Use mechanical devices or equipment to carry or move the load.
  - d. Reduce the weight of the load by:
    - i. Putting fewer items in the container
    - ii. Using Smaller and/or lighter weight containers.
    - iii. Dividing the load between two containers and carrying one in each hand.
  - e. Repack the containers so contents will not shift and the weight is balanced.
  - f. Use team carrying as a temporary measure for heavy or bulky objects.
6. Reduce the frequency and amount of time workers carry materials by:
  - a. Rotating workers in carrying tasks with other workers in non-carrying tasks.
  - b. Having workers alternate carrying tasks with non-carrying tasks.

For additional information and safe carrying and transporting practices, please refer to links in the MHIA website <http://www.mhia.org/>. The Ergonomics Guidelines for Manual Material Handling provides illustrations for the safe carrying and transporting of loads. For a complete copy published by the EASE Council, please visit [www.mhia.org/ease](http://www.mhia.org/ease).

*Through the OSHA and Crane, Hoist and Monorail Alliance, the Alliance participants developed this Tip Sheet for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor. 3/2008*