The Crane, Hoist and Monorail Alliance

CMAA CRANE MANUFACTURERS ASSOCIATION OF AMERICA, INC. | HMI HOIST MANUFACTURERS INSTITUTE | MONORAIL Manufacturers Association

alliance
An OSHA Cooperative Program

Safety Tips Sheet No. 7: Hazard Evaluation Checklist for Lifting, Carrying, Pushing, or Pulling
Workplace injuries can be avoided by identifying risk factors associated with handling loads. Hazard evaluations can be used to identify a problem workplace and to modify a workplace to avoid the listed risks.

This is the 7th 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.

This checklist in not designed to be a comprehensive risk assessment but rather as a tool to quickly identify potential problem jobs. Additional risk factors may exist that are not accounted for in this checklist. It is common practice to follow up checklist observations with more precise techniques to confirm risk factors.

Hazard Evaluation Checklist for Lifting, Carrying, Pushing, or Pulling:

"Yes" responses are indicative of conditions that pose a risk of developing low back pain. The larger the percentage of **"Yes"** response that are noted, the greater the possible risk.

General:

- Does the load handled exceed 50 lbs.?
- Is the object difficult to bring close to the body because of its size, bulk, or shape?
- Is the load hard to handle because it lacks handles or cutouts for handles, or does it have slippery surfaces or sharp edges?
- Is the footing unsafe? For example, are the floors slippery, inclined or uneven?
- Does the task require fast movement, such as throwing, swinging, or rapid walking?
- Does the task require stressful body postures, such as stopping to the floor, twisting, reaching overhead, or excessive lateral bending?
- Is most of the load handles by only one hand, arm, or shoulder?
- Does the task require working in extreme temperatures, with noise, vibration, poor lighting, or airborne contaminants?
- Does the task require working in a confined area?

Specific:

- Does lifting frequency exceed 5 lifts per minute?
- Does the vertical lifting distance exceed 3 feet?
- Do carries last longer than 1 minute?
- Do tasks that require large sustained pushing or pulling forces exceed 30 seconds duration?
- Do extended reach static holding tasks exceed 1 minute?

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 lifting, carrying, pushing, and pulling. For a complete copy published by the EASE Council, please visit www.mhia.org/ease.