

DESIGN PRINCIPLES FOR CARRYING TASKS

(Adapted from NIOSH Elements of Ergonomics Programs – Toolbox Tray 9-F)

1. Eliminate the need to carry by rearranging the workplace to eliminate unnecessary materials movement and using the following mechanical handling aids, when applicable:



- Conveyors (all kinds).



- Tables or slides between workstations.

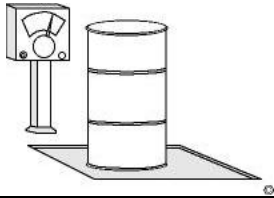


- Lift trucks and hand trucks.

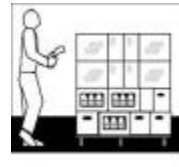


- Four wheel carts or dollies.

2. Reduce the weight that is carried by:

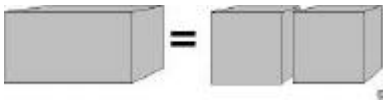


- Reducing the weight of the object and the container.



- Reducing the load in the container.
- Reducing the quantity per container to suppliers.

3. Reduce the bulk of the materials that are carried by:



- Reducing the size or shape of the object or container.
- Providing handles or hand-grips that allow materials to be held close the body.
- Assigning the job to two or more persons.

4. Reduce the carrying distance by:

- Moving receiving, storage or shipping areas closer to production areas.
- Using Powered and non-powered conveyors.



5. Convert carry to push or pull by:



- Using non-powered conveyors.



- Using hand trucks and push carts.