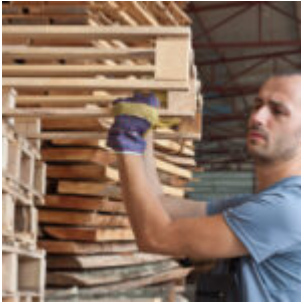


Handout on Manual Materials Handling



BENEFITS

Many workers have to manually handle materials as part of their jobs. But doing so puts them at risk of developing musculoskeletal injuries (MSIs) to the arms, shoulders, neck, back and legs. So it's important that you educate workers on the actions that can expose them to MSIs and what they can do to minimize the risk of injury.

HOW TO USE THE TOOL

Give this handout to workers and post it in the workplace to educate workers on MSIs, how they can be caused and how they can be avoided. Use the handout to supplement your manual materials handling training program.

OTHER RESOURCES:

CDC's [Simple Solutions for Home Building Workers](#)

[Ergonomics Compliance Centre](#), which includes numerous related tools

[Materials Handling: How to Protect Workers Moving or Storing Materials](#)