

SAFETY SEGMENTS FEBRUARY

Safe MMH



WHAT WE'RE LEARNING

We all at one point lift a box, move things to a cart, it might be moving a bag of flour or garbage, but are we doing it safely? Safe manual material handling is essential to protect ourselves from injury. This brings us to the core of MMH: **Lifting within the power zone**, this is done between mid-thigh and mid-chest and helps minimize the risk of injury by using the body's strongest muscles. When moving heavy equipment or supplies, always keep the load close to your body, maintain a neutral spine, and avoid overreaching. Use mechanical lifting devices like carts or dollies or ask for assistance when handling heavy or awkward loads to ensure your safety and reduce strain on your back and shoulders.

Using proper techniques and equipment can significantly reduce short and long-term injuries to you.

GUIDING QUESTIONS

- What are some common injuries when it comes to MMH?
- What tools can we use to help us with Manual Material Handling?
- What are some key steps when lifting something heavy?

Notes to the Team Leader:

Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Watch the YouTube video on "**The Power Position**". After everyone is done, use the guiding questions to facilitate a group discussion.