



JURONG PORT SAFETY BULLETIN No. 9 – June 2008

Safety Precautions on Material Handling

Precautions when moving materials manually

When moving materials manually, workers should attach handles or holders to loads. In addition, workers should always wear appropriate personal protective equipment and use proper lifting techniques. To prevent injury from oversize loads, workers should seek help in the following:

- When a load is so bulky that employees cannot properly grasp or lift it,
- When employees cannot see around or over a load, or
- When employees cannot safely handle a load.

Using the following personal protective equipment prevents needless injuries when manually moving materials:

- Hand and forearm protection, such as gloves, for loads with sharp or rough edges.
- Eye protection.
- Steel-toed safety shoes or boots.
- Metal, fiber, or plastic metatarsal guards to protect the instep area from impact or compression.

Precautions when moving materials mechanically

Although workers may be knowledgeable about powered equipment, they should take precautions when stacking and storing material. When picking up items with a powered industrial truck, workers must do the following:

- Center the load on the forks as close to the mast as possible to minimize the potential for the truck tipping or the load falling,
- Avoid overloading a lift truck because it impairs control and causes tipping over,
- Do not place extra weight on the rear of a counterbalanced forklift to allow an overload,
- Adjust the load to the lowest position when traveling,
- Follow the truck manufacturer's operational requirements, and
- Pile and cross-tier all stacked loads correctly when possible.



For Your Safety and Health