



5 TIPS

To Reduce Sprains & Strains

1

Decrease number and duration of lifts, pushes & pulls required

- Improve process flow
- Use robotic palletizers
- Employ vacuum lifters
- Consider conveyors
- Apply powered tuggers



2

Reduce weight or force required for push & pulls

- Package materials in smaller quantities
- Use smaller containers
- Increase cart wheel diameters
- Replace cart wheels with harder material



3

Avoid "lift & twist" torso strain

- Move lift destination further from origin



4

Limit lifts needing arms extended

- Remove barriers obstructing workers
- Store items on tilted shelves
- Eliminate lifting wide items from below knee



5

Minimize below-knee & over-shoulder lifts

- Store heavier items between knees & chest
- Avoid low & high shelving
- Add bottom shelf to racks
- Elevate pallets
- Use portable lift tables

