

Manual Materials Handling (MMH)

MMH - Mechanical Aids for Transporting Materials - I

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[How can mechanical aids be used?](#)

How can mechanical aids be used?

Mechanical aids reduce physical effort, making materials handling easier and safer. For specialized mechanical aids, see [MMH - Mechanical Aids for Transporting Materials - II](#).

- Check for the availability of mechanical aids before lifting or moving loads.
- Select the right equipment to complete the task.
- Do not operate any equipment if you are not trained to use it.
- Keep the equipment in good and safe operating condition. It saves effort while transporting loads.
- Make sure equipment is maintained properly and inspected regularly.
- Visually inspect the equipment for any defects such as loose wheels or damaged platforms before use.
- Always push the equipment rather than pull it.
- Use rolling platforms to assist in carrying and handling heavy objects where limited space does not allow for a comfortable body position.

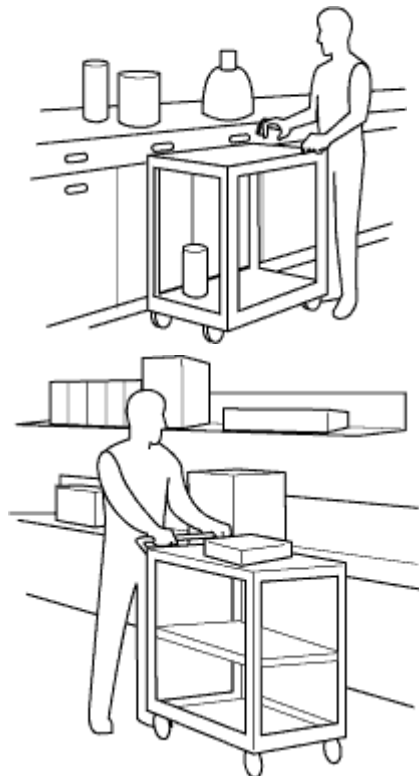




- Use a hand truck to move bulky objects.

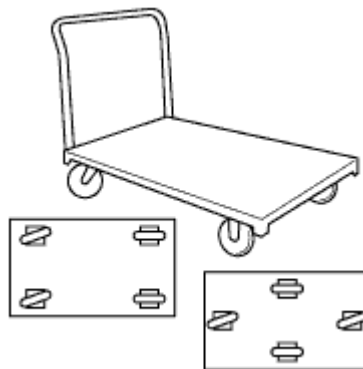


- Use a shelf truck to move a variety of objects.

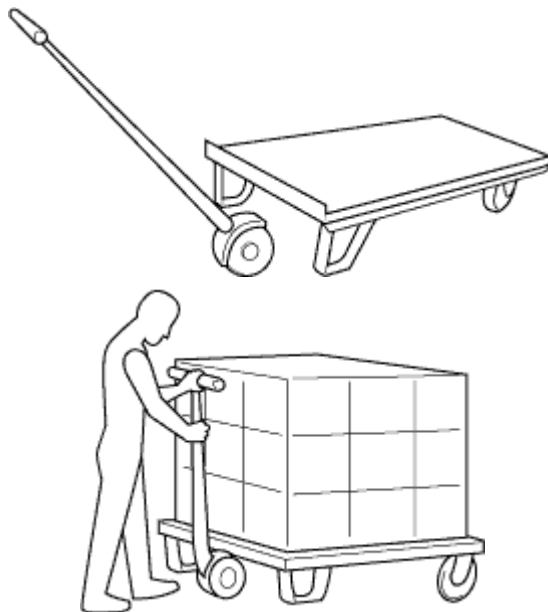




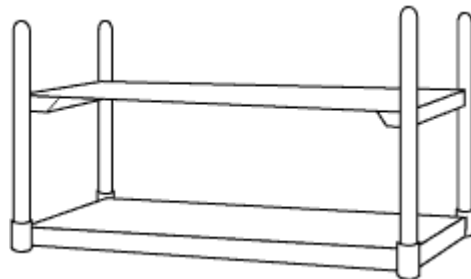
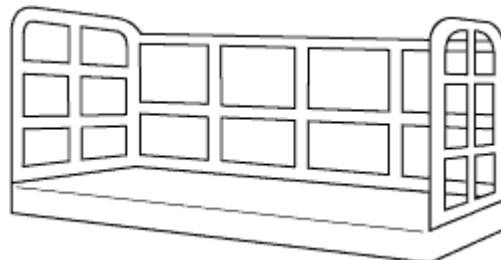
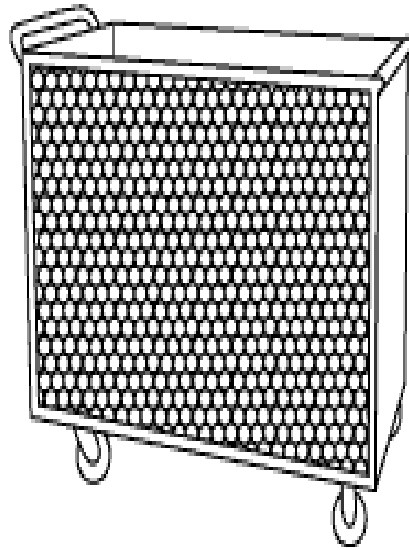
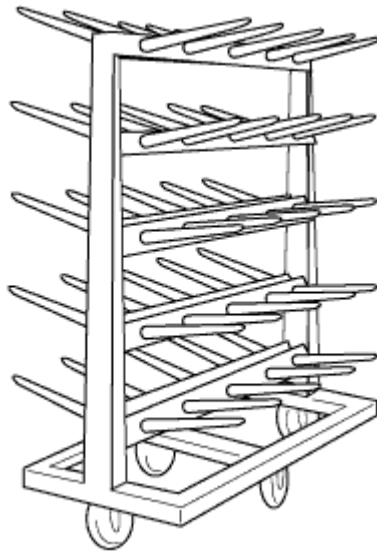
- Use a platform truck to move heavy, irregularly shaped objects.



- Use a semi-live skid for temporary storage of work.



- Select the rack or bin that suits the task and mount it on a semi-live skid or platform truck.



Fact sheet confirmed current: 2023-07-11

Fact sheet last revised: 2018-11-28

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