

## COURSE DESCRIPTION:

This course has been developed to introduce you to the basic elements of material handling. Material handling is one of the leading causes of work-related injuries. Each year thousands of back injuries, hand injuries and arm strains are attributed to improper lifting and carrying of heavy objects. An understanding of how to prevent injury to yourself and others is necessary when your task involves material handling. The main objective of this training course is to present the potential hazards associated with handling materials and detail the work precautions for preventing injuries. We will present how to properly store and handle materials, the personal protective equipment necessary, types of material handling equipment available and how to use them. We will also discuss incident prevention and its importance related to material handling.

## REGULATORY REFERENCE:

29 CFR 1910.176

## APPROXIMATE DURATION:

20 Minutes

## COURSE OUTLINE:

1. Introduction
2. What To Know
3. Potential Hazards
4. Material Storage
5. Manual Handling
6. Powered Industrial Trucks
7. Conveyors
8. Slings
9. Cranes
10. Summary

