

MMH – Mechanical Aids for Transporting Materials – I Fact Sheet



HOW CAN MECHANICAL AIDS BE USED?

Mechanical aids reduce physical effort, making materials handling easier and safer.

- 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.
- Use rolling platforms to assist in carrying and handling heavy objects where limited space does not allow for 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 on semi-live skid or platform truck.



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