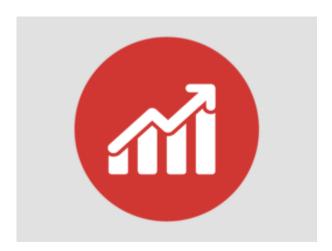
## MMH — Mechanical Aids Levers and Rollers Fact Sheet



## WHY AND HOW SHOULD LEVERS BE USED?

A lever is a bar or rod that can be used to reduce the effort when lifting loads. To be effective, the lever must rest on a pivot (fulcrum). Using levers reduces the force required to handle materials and avoids bending and stooping.

• Use a steel bar to shift an object horizontally.

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• Use the lever and rollers to move a load horizontally.

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• Use rollers on an angle to change the direction of the load.

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• Use "Come-Alongs" to move heavy load. Ensure load is fully on the skid to prevent drag or resistance.

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• Mount lever on wheels to assist in when moving load. Ensure that wheels can be locked.

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Lever on a rolling platform lifts and moves objects.

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Lever on wheels lifts and moves manhole covers.

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Lever on wheels lists and moves coils.

• Use an extended handle to lift, shift or move objects without bending.

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