

MMH – Team Handling Fact Sheets



WHAT IS TEAM HANDLING?

“Team handling” occurs when more than one person is involved during the lift.

- Use team lifting and carrying where other solutions are inappropriate.
- Remember that the combined strength of the team is less than the sum of individual strength.
- Select team members of similar height and strength.
- Assign a leader to the team.
- Determine a set of commands to be used such as “lift”, “walk”, “stop”, “down”. Make sure that everyone knows what to do when they hear the command.
- Follow the commands given by the team leader.
- Practice team lifting and carrying together before attempting the task.

What should be done when lifting and carrying long objects as team?

- Use a shoulder pad to reduce compression.
- Carry load on the same shoulder.
- Walk in step.



What should be done when lifting and moving furniture as a team?

- Use straps.
- Adjust the length of the straps according to your height.



- Use webbing around straps to secure them from slipping off.
- Obtain assistance while loading a heavy object on the truck.
- Use your body weight to tilt the object.
- Place the lip of the truck under the object.



- Tip the truck back with assistance.



- Move off. The assisting person directs the movement.

