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## **CARRYING**

Since so many muscle injuries occur because of the need to carry a load, try to reduce the need to carry things by hand. When you can't completely eliminate the need to carry, try to find ways to reduce the weight, shape and size of the object, so that the carrying will be easier. What possibilities are there to reduce the distance that an object must be carried?

Use handling aids that will do the carrying for you or will convert the body movements to pushing or pulling – hand trucks or dollies, for example.

There are also ways in which you might be able to reduce the weight that needs to be moved. You can make physical changes; for example:

- Reduce the size of the object;
- Reduce the size and capacity of the container used to hold the objects being moved;
- Change to a lighter weight container.

We might also need to make administrative changes to require that fewer items be put into the container, or that fewer objects be handled at a time.

To reduce the distance a load needs to be carried, you might think of changing the work area layout, or of moving the location of a production area, storage area, or staging area. Anytime you have a suggestion, make it.