



Brainstorm Ergonomic Solutions Tool

Ideas to make carrying safer

PROCESS

Do we need to carry this object?

Can materials be delivered to where they are used so you don't need to carry them?

Is there an unnecessary step in the process that requires carrying?

Can you avoid carrying the same object more than once?

OBJECT

Can you make the object lighter?

Can you use smaller, lighter containers?

Can you make the object so heavy that workers have to use equipment to move it?

Can you add handles to the object or container to provide a better grip?

Can you use containers that can be carried at waist level?

WORKSPACE

Can objects be stored close to where they'll be used?

Can work areas be rearranged to minimize carrying between processes?

TOOLS

Can you use a powered device to carry the objects?

Can you use a manual device to move the object?

HUMAN

Can you carry less so that it's not awkward and you can see where you are going?

Are employees trained on safely using manual material handling equipment?

MOVEMENT

Can you slide objects instead of carrying them?

TIME

Can you rotate workers to jobs that don't require carrying?

Can you break up carrying tasks so that they're spread out over a shift with some recovery time in between?