



Brainstorm Ergonomic Solutions Tool

Ideas to make lifting safer

PROCESS

Do we need to lift this object?

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

Can you avoid lifting the same object more than once?

Can the supplier deliver materials in quantities or packages that you don't need to lift?

OBJECT

Can you make the object lighter?

Can you use smaller containers that can be lifted closer to the body?

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

Can you pack items in containers so that they don't shift when lifted?

WORKSPACE

Can you remove obstacles to get closer to the object?

Can heavy and frequently used items objects be stored between knee and shoulder height?

Can items be stored at the same height that they'll be used?

Can you arrange the work area so objects can be lifted directly in front of the body with two hands?

Can you create enough space between the start and end of the lift so workers can move their feet to turn rather than twisting?

TOOLS

Can you use something like a forklift or conveyor to move objects?

Can you use an overhead lifting device with a special attachment?

Can you use a floor-based lift?

Can you use lifting straps for two person lifts?

HUMAN

Can you team lift large or awkward items so that workers each lift from one end?

Can employees wear protective clothing so that they can get closer to objects that are dirty, hot, cold, or sharp?

Are employees trained on safely using manual material handling equipment?

MOVEMENT

Can you use gravity to help move objects?

Can you use a lever arm to help lift objects?

Can you change a lifting motion to a sliding one?

TIME

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

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