MMH – Compact Bags – Fact Sheet



WHAT ARE SOME TIPS FOR CARRYING COMPACT BAGS?

The best way to handle a bag depends on its size, weight, stability, and how far it is to be carried.

When lifting, remember to:

- Straddle the end of the bag.
- Bend the hips and knees.
- Keep the back straight.
- Use a secure grip.
- Grasp the bag with both hands under the closer end. Keep elbows inside the thighs.
- Lean forward, straightening the knees to set the bag upright.
- Readjust the straddle position moving feet closer to the bag.
- Readjust the grasp, with one hand clasping the bag against the body and the other under it.
- Stand up by thrusting off with the back leg and continuing in an upward and forward direction.
- Lift the bag up with the knee while straightening the body.
- Do not twist your body.
- Put the bag on the shoulder opposite the knee used to thrust the bag up.
- Stabilize the bag on the shoulder.
- Begn moving without bending sideways.

What should be done when lowering the bag?

Avoid unloading a bag from the shoulder directly to floor level. Use an intermediate platform or get help from a co-worker.

- Stand close to the platform.
- Place one foot in front of the platform.
- Bend hips and knees.
- Keep the back straight.
- Ease the bag off the shoulder and put it upright on the platform.
- Pull the bag slightly over the edge of the platform.
- Stand close to the platform with the bag touching the chest.
- Clasp the bag against the body with one hand, the other hand holding bottom

of the bag.
- Step back.
- Bend hips and knees, keeping back straight.
- Ease the bag on the floor.

What are more tips?

- Avoid lifting from the floor whenever possible.
- Use mechanical assistive devices such as a hand truck, a scissor lift, load lifter or pneumatic lifter to raise or lower the load.
- Lift with the help of a co-worker (preferably of similar height, if possible).
- Raise or lower the work surface to suit the height of the worker.
- Wear gloves that are the proper size for the individual and that have a surface that will increase grip stability.
- Pad the shoulder to provide a cushion.

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