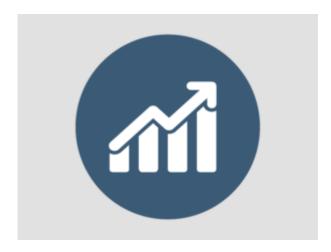
# MMH - Drums and Barrels - Fact Sheet



### HOW SHOULD DRUMS AND BARRELS BE LIFTED?

Handling drums and barrels can be dangerous. Do not handle drums and barrels without training. Use lifting equipment or assistance devices whenever possible.

#### How should a drum be raised from the ground?

Use mechanical aids whenever possible. Do not attempt to raise a full drum alone.

- Make sure that the drum is empty before raising it.
- Stand at the end of the drum.
- Place one foot forward at the side of the drum, the other behind.
- Bend your hips and knees.
- Keep the back straight.
- Grasp the rim about 15 cm from the ground with the elbows inside thighs.
- Stand up by thrusting off with the back leg and continuing in an upward and forward direction.
- Bring the back leg forward as if you are walking. Keep close to the drum.
- Stop at the balance point to change hand grip.
- Set the drum on its base by moving back leg forward. Use the body weight as a counter balance.



#### How should a two-person lift be done?

- Use two people to lift a full drum.
- Use the same technique as with one person, but have two people squatting at either side of the drum.



#### How should a standing drum be moved?

- Stand close to the drum with feet apart. One foot at the front and the other behind.
- Keep knees slightly flexed.
- Put your hands firmly against upper rim of the drum.
- Keep arms straight with the elbows "locked".
- Rock the drum gently to get the feel of its contents before you move it.
- Push the top of the drum away by extending the back leg and shifting your body weight onto your front leg.
- Stop tilting the drum at the balance point. Use back leg as a counter balance.



• Use a drum-tilting lever for up-ending filled drums that reduces the effort required to move such drums manually.



• Use a tilting drum stand to move emptied barrels and drums.



## Should drums be lifted manually when they are stacked?

No. Always use cranes or lift trucks to stack drums.

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