MMH – Handholds on Load and Gripping Aids – II – Fact Sheet

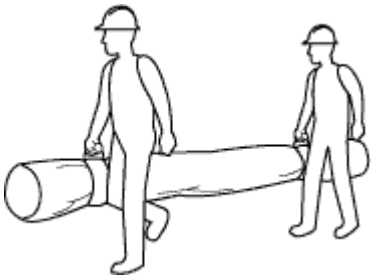


WHAT SHOULD I KNOW ABOUT GRIP AIDS?

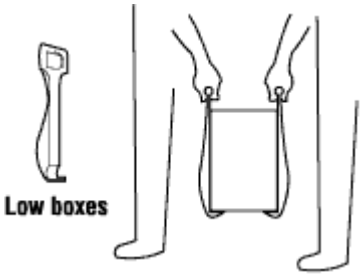
Gripping aids are used to lift or carry awkward loads that do not have handles. Various types are available, depending on the task, including:

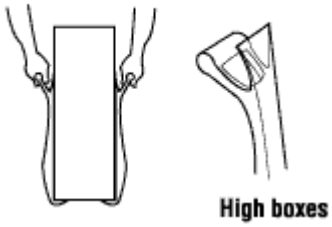
- Use lifting straps for cylindrical objects.



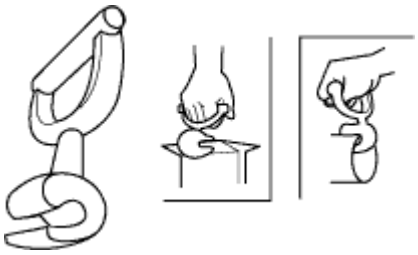


- Use carrying handles for boxes.

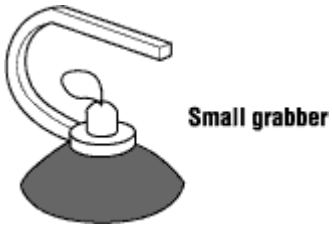


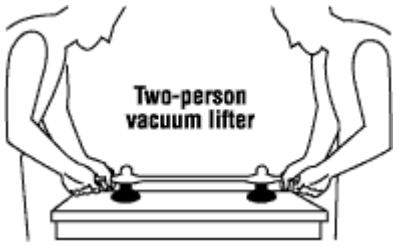


- Use a ‘Gator grip’ to handle awkward objects with sharp edges.



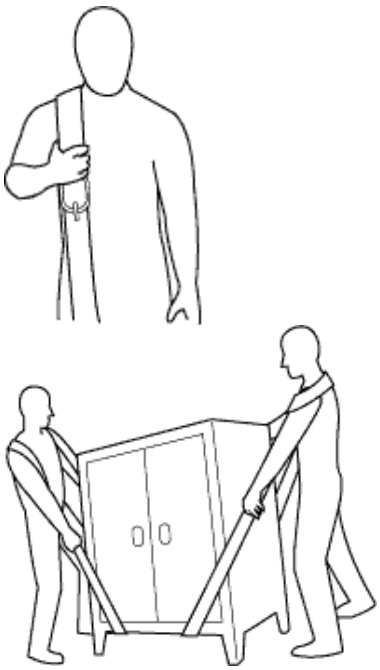
- Use vacuum lifters to handle sheet materials or plates.





- Use furniture straps to lift and move heavy, bulky objects.
    - Position buckle between the body and the load.
    - Keep body straight.





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