

## Moving Materials Pain-free

### *How to protect yourself*

Construction workers carry materials of all shapes and sizes. Here's how to haul them without hurting yourself or others.

### **Boxes and cartons**

The best way to carry boxes and cartons is to grip them at opposite top and bottom corners. Carry sacked materials the same way, and against your waist if possible. Don't strain yourself by placing loads on your shoulder, not even for short trips.

### **Barrels and drums**

Roll these, if you haven't received training to carry them safely. Drums are easier to roll than barrels, since barrel bilges make the roll unstable. But that bilge helps with tipping, making barrels easier to up-end than drums.

Up-ending a full drum is a two-person job, with each person facing the other. Hold the lower chime – edge or rim – securely, to keep the drum stable as the weight shifts.

When rolling a drum down a ramp, don't let it overtake you. Use a rope sling and inclined planes when loading or unloading drums.

### **Sheet metal and glass**

A sharp metal edge or burr can slice like a razor. Use leather gloves, hand leathers or gloves with metal inserts when handling sheet metal.

When carrying glass, wear leather gloves or hand leathers, protect your wrists and forearms, and wear a full-length apron made of leather or heavy canvas.

### **Long objects**

If the load is too heavy for one person, call a buddy who's close to your size. Two workers carrying long sections of pipe or lumber should carry on the same shoulder and walk in step. When a long slender object is too awkward for two people to carry, and is not too heavy for one, then the other person should act as lookout. Carry the front end higher than the back end, and especially watch out when approaching corners.

### **Irregular shapes**

With irregular shapes, the most important concern is the shift in the center of gravity, especially when you start to lift. Spend extra time surveying the load before you pick it up.

Examine every load first. Look it over carefully so you can place your hands where they'll be clear of sharp edges and corners, slivers, ends of binding straps, nails or other hazards.

*Know where the item is to be placed, and make sure the area is clear so you can set the load down right away, instead of holding it while you clear a spot with your feet.*

### **CONCLUSION**

*Know where the item is to be placed, and make sure the area is clear so you can set the load down right away, instead of holding it while you clear a spot with your feet.*

**TEST YOUR KNOWLEDGE**

1. The best way to carry boxes and cartons is to grip them:
  - a. at opposite top and bottom corners
  - b. at same-side top and bottom corners
2. Always carry sacked materials on your shoulders
  - True
  - False
3. Up-ending a full drum is:
  - a. a two-person job
  - b. a one-person job
  - c. not possible
4. When up-ending a full drum, you should hold the bottom chime securely to keep the drum stable when the weight shifts.
  - True
  - False
5. To load or unload drums, you should use rope slings and inclined planes.
  - True
  - False
6. Only broken glass can slice your hands, so it's not necessary to wear gloves when carrying sheet metal.
  - True
  - False
7. When two workers carry a long pipe together, they should:
  - a. be of approximately the same size
  - b. carry the load on the same shoulder
  - c. walk in step
  - d. all of the above
8. When one worker carries a long object, the back end should be higher than the front end.
  - True
  - False
9. Shifting of the center of gravity is an important concern when carrying irregular shapes.
  - True
  - False
10. Before carrying any load, what should you consider?
  - a. where to safely place your hands
  - b. the load's destination
  - c. that the destination is clear and ready for the load
  - d. all of the above



**ANSWERS:**

1. a
2. false
3. a
4. true
5. true

6. false
7. d
8. false
9. true
10. d