

Hanging Enclosures

Use this worksheet in combination with the **Ergonomics of Material Handling Tips and Techniques** training program to gain hands-on experience in performing and coaching the specific job tasks.

Working in groups of 3 to 5 individuals, assign one group member the role of the coach, one member to perform the task and the remaining group members to observe and offer constructive critique. Rotate through the roles so each group member gains experience in the three roles.

Hanging enclosures on the paint line is a common job task at nVent. Enclosures are handled from low, middle and high levels from the floor as they are hung on the line. Use the worksheet below to provide feedback.

Tips and Techniques

- Determine if the **enclosure is a One-Person or Two-Person lift** (based on size)
- For Two-Person lift ensure **communication so lift is performed in unison**.
- Use the **Power Lift technique with the Head-Up position** as the lift is performed.
- **Keep the feet in line with the shoulders** during the maneuver; do not rotate the spine.
- **Break the maneuver into stages** – slide/lift enclosure off of stack, turn enclosure vertical and lower to floor; do not rush
- Work together to hang the enclosure on the line – **first one end and then the other**
- Perform **stretches** through-out the shift





Ergonomics of Material Handling

Tips and Techniques
