

Pallet Handling

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.

Manual pallet handling is a common job task at nVent. Pallets are handled from low, middle and high levels from the floor. Use the worksheet below to provide feedback.

Tips and Techniques

- Always **check for traffic** prior to handling pallets
 - **Low level pallets** – use the Power Lift technique with the Head-Up position as the lift is performed
 - **Middle and high level pallets** – slide the pallet close to the body and then lower to the floor.
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- **Keep the feet in line with the shoulders** during the maneuver; do not rotate the spine
 - **Slide the pallet on the floor** as much as possible rather than carrying it
 - **Break the maneuver into stages** as needed; do not rush
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- Have the Move-Man **bring more pallets to build up the level of the pallets at least waist high** if possible; try to avoid lifting from the low level
 - Perform **stretches** through-out the shift:





Ergonomics of Material Handling

Tips and Techniques
