

Ergonomics of Material Handling

Tips and Techniques

Pick Parts

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.

Picking parts is a common job task in the Market at nVent. Parts are handled from low, middle and high shelf levels from the floor. Use the worksheet below to provide feedback.

Tips and Techniques

- As possible **assign lighter weight and more frequently assessed parts to the middle shelves**
- **Push the cart** rather than pull it – pushing makes use of the power position.
- Use the **Power Lift technique with the Head-Up position** as the lift is performed
- **Break the maneuver into stages** as needed; do not rush
- **Keep the feet in line with the shoulders** during the maneuver; do not rotate the spine.
- Perform **stretches** through-out the shift





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