

Transfer Large Sheets

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.

Transferring large sheets at the presses is a common job task at nVent. Sheets are handled from height adjustable lifts as they are maneuvered into/out of the press. Use the worksheet below to provide feedback.

Tips and Techniques

- Set the height of the sheet pallet lifts in relation to the press height – always want to **go from a little higher to a lower level**
- **Re-set the pallet lift heights** as the stack of sheets is reduced – about every 15 to 20 sheets – to maintain the correct relationship
- Use the **Power Position technique with the Head-Up position** as the maneuver is performed.
- **Keep the feet in line with the shoulders** during the maneuver; do not rotate the spine
- **Keep wrists straight** as the sheets are handled (flipping and shaking)
- Perform **stretches** through-out the shift





Ergonomics of Material Handling

Tips and Techniques
