

# Handling Material (lifting, pulling, pushing or shoveling stone, sand or gravel)

In 2012, 578 **Handling Material** accidents occurred at stone, sand and gravel operations. These accidents account for 38 percent (had been 35 percent year-earlier) of the total injuries reported at these operations.



- Items that are handled, stored or moved manually or mechanically, require the use of proper material handling procedures being taught to workers and enforced in the workplace: otherwise injuries, such as strains, fractures, hernias, and amputations, may result. Miners are subjected to the hazards of handling heavy and bulky materials, falling or improperly stacked objects, and repetitive bending, twisting, and turning movements.
- Miners should always wear personal protective equipment (PPE) and, for lifting, attach handles or holders to loads, or seek help. Personal protection, in this case, is any piece of safety gear that guards against workplace-specific injuries. Work gloves, safety boots, safety glasses or goggles, or metatarsal guards may be needed in your workplace.
- Mechanical lifting also poses certain hazards. Miners operating such equipment need to know the limit, and this load capacity must be displayed on all lifting equipment.
- Ergonomics - modifying the workplace to fit the needs of the user - must be implemented in order to avoid back injuries. Reducing the size and weight of lifted objects, using a lifting aid, changing the height, or using a shelf can often be necessary.



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