



Task Title: Materials Handling Risk Factors

OALCF Cover Sheet – Practitioner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path:

Employment	☒	Apprenticeship	☐
Secondary School	☐	Post Secondary	☐
		Independence	☐

Task Description: The learner will read information about risks associated with materials handling, and answer questions.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Read continuous text/A1.2

Materials Required:

- Pen/pencil and paper and/or digital device

Learner Information

Materials handling includes manual lifting, lowering, pushing, pulling or carrying. There are many factors that can increase the risk of fatigue and injuries at work.

Read “Risk Factors for Manual Materials Handling”.

Risk Factors for Manual Materials Handling

Risk assessments will look at the various factors that may increase or decrease the risk of injury. Many factors can affect the level of risk associated with manual handling when engaging in different movements.

Lifting and Lowering

Factors include

- size of the load
- weight of the object
- number of times lifting/lowering occurs
- if the load is handled with a quick or jerky motion
- if the worker twists their back while supporting the load
- if how the worker is holding the materials with their hands is not optimal (for example, with a flat palm or “pinch grip”)
- if the load is not being evenly distributed between the hands, or both hands are not used to support the load
- if the nature of the load (for example, cold, hot, dirty or sharp) does not allow it to be pulled close to the body
- location of the load can also be a factor, for example where:
 - there is a barrier (for example, the edge of a bin), requiring a worker to bend over to reach the material, and preventing the worker from being able to bend at their knees
 - head space restrictions force the worker to crouch
 - obstructions block the way, making the worker reach to grasp or place the materials
 - there is a load close to the ground where the worker must stoop or crouch to move it, resulting in their body weight having to be raised while they are lifting the load

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- a load is placed above shoulder-height, which will place more stress on the smaller shoulder and upper back muscles
- a load is above head-height where the worker must stretch in order to reach it and does not have full control of it

Pushing and Pulling

Factors include

- amount of force required to move the item
- number of times pushing/pulling occurs
- distance the item must be moved
- presence, location and orientation of handles
- pushing/pulling with a quick or jerky motion, which increases forces placed on the worker
- pulling with the arm behind the body
- slippery floor surfaces

Carrying

Factors include

- weight of the load
- number of times carrying occurs
- distance the item must be carried
- condition of the surface travelled (rough surfaces or trip hazards can result in sudden unexpected movements due to a trip or stumble while carrying a load)
- physical size of the load carried (wide spread arms or awkward neck positions can impact how far a load can be carried as well as the potential for trips and falls)

[Sourced from: Manual Materials Handling, Government of Ontario:
<https://www.ontario.ca/document/manual-materials-handling>]

Work Sheet

Task 1: How should a load be distributed when lifting and lowering?

Answer:

Task 2: In which 2 types of movement is weight of an object a risk factor?

Answer:

Task 3: List the types of movement where distance an object is moved is a risk factor.

Answer:

Task 4: How could the type of surface be a risk factor carrying a load?

Answer:

Answers

Task 1: How should a load be distributed when lifting and lowering?

Answer: Evenly distributed between the hands, both hands are used to support the load.

Task 2: In which 2 types of movement is weight of an object a risk factor?

Answer:

- Lifting and lowering
- Carrying

Task 3: List the types of movement where distance an object is moved is a risk factor.

Answer:

- Pushing and pulling
- Carrying

Task 4: How could the type of surface be a risk factor carrying a load?

Answer: Rough surfaces or trip hazards can result in tripping or stumbling when carrying a load.

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A1.2	scans text to locate information			
	locates multiple pieces of information in simple texts			
	makes connections between sentences and between paragraphs in a single text			
	follows the main events of descriptive, narrative and informational texts			
	obtains information from detailed reading			

This task: Was successfully completed ☐ Needs to be tried again ☐

Learner Comments:

Instructor (print):

Learner (print):
