

Manual Materials Handling (MMH)

MMH - Work Space Layout

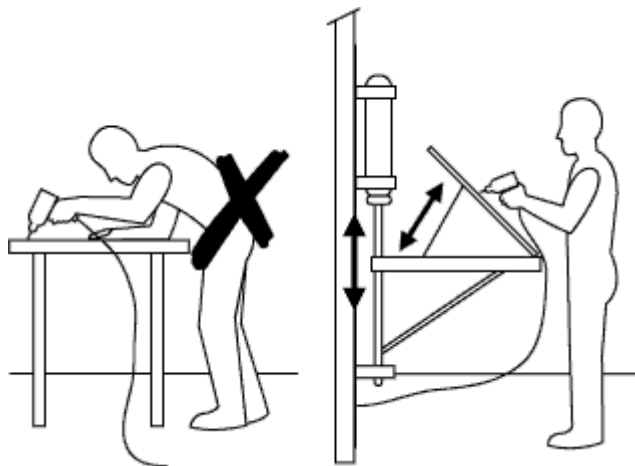
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[What are some important elements of a workplace layout?](#)

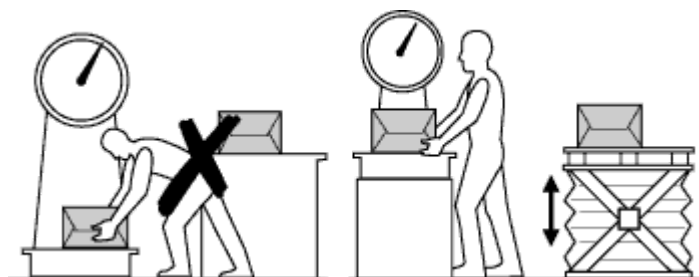
What are some important elements of a workplace layout?

Layout or organization of the work area which allows materials to be handled without excessive bending, twisting and stretching reduces injuries.

- Have all materials at work level.
- Use adjustable elements at the workplace.

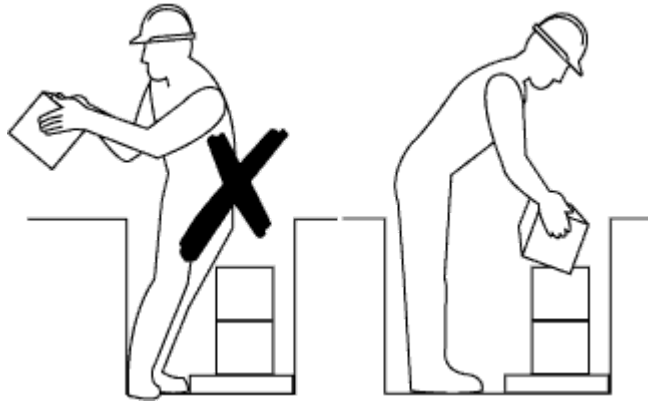


Workbench with adjustable height and tilt improves working position.

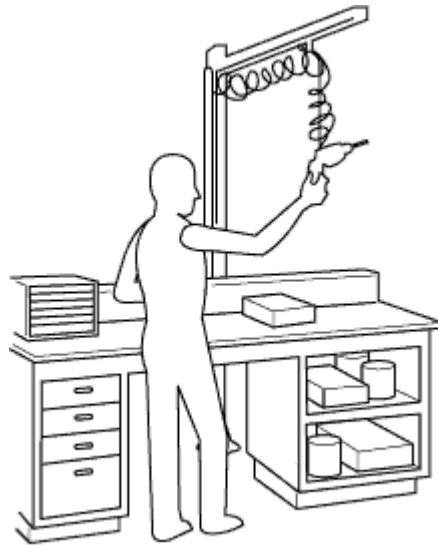


Self-adjusting platform automatically matches worker's height.

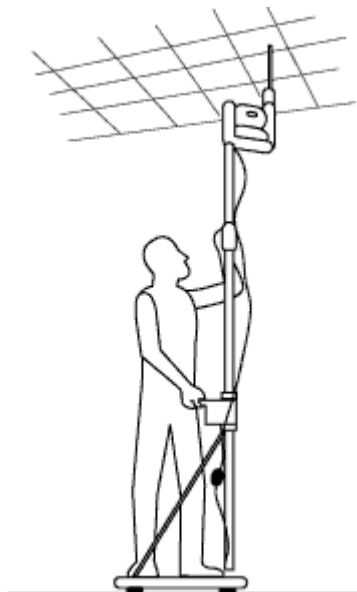
- Ensure that there is enough room to turn around to prevent twisting.



- Use adjustable supports or suspenders to operate heavy tools.

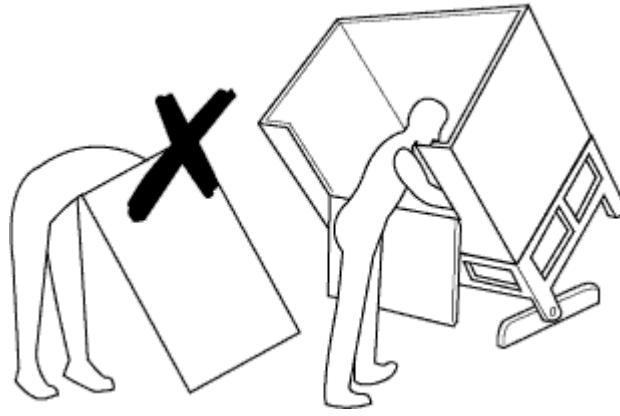


Tool sponder reduces muscular effort and compression on the back.



Tool support eliminates over-stretching and overreaching.

- Use bins that allow easy access.



Lift-and-tilt device and side opening on bin reduces bending.

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