

Safety

16 Do you know things to be careful when doing transport work?

When moving things, transport, carriage, and storage, we need to do transporting (cargo work) and loading works. These works are performed by human work and human power.

Therefore, there are many accidents related to these works because of improper transportation, non-conformance the basic action rules for lift and carry, and the lack of job training for the transport work.

Reminder when doing transport work

- 1 Before doing any types of works mentioned above, it is important to: ①secure a good working space and make sure it is clean and organized, and ②confirm the working space in advance and inspect all materials needed for the work.
- 2 Working at the proper posture (kneeling down with knees bent)
- 3 When doing joint work, have a meeting beforehand to discuss what will be done and breathe in the same rhythm while doing the work.
- 4 Handle only the proper amount of weight based on your own physical capability.
The weight that should be handled by men ages 18 and over is generally set at 55 kg or less.
- 5 Make sure that the load is within the functional range of the lifting equipment.
- 6 Check the method of lifting and hoisting attachment carefully in advance.
- 7 Act on the instruction of the person in charge and become thorough signals when doing the work.
- 8 Stay away from the working place where is doing lift, lowered or moving around.

It is important to prevent health problem such as backache with proper work methods for transport works.