

Task Title: Material Handling, Hoisting and Moving Heavy Objects

# OALCF Cover Sheet – Practitioner Copy

**Learner Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date Started: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date Completed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Goal Path:** | Employment | Apprenticeship |
| Secondary School | Post Secondary | Independence |

**Successful Completion:**  Yes No

**Task Description:**

Read document to learn safe Material Handling practices for hoisting and moving heavy objects to prevent injuries in the workplace.

**Main Competency/Task Group/Level Indicator:**

* Find and Use Information/Interpret documents/A2.2

**Materials Required:**

* Pen and paper and/or digital device

# Learner Information

Knowing how to safely hoist and move heavy objects is an important part of preventing injuries and staying safe when working as a Material Handler. Scan the Manual Materials Handling (MMH) - Hoisting and Moving Heavy Objects.

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Link to document online: <https://www.ccohs.ca/oshanswers/ergonomics/mmh/hoisting.html>

# Work Sheet

**Task 1: Why is it important to select the right equipment to move heavy objects?**

Answer:

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**Task 2: What can you use instead of manual lifting?**

Answer:

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**Task 3: How much applied force is needed when using 3 pulleys to lift 100kg?**

Answer:

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**Task 4: When should you use a combination of lift tables and rollers?**

Answer:

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Answer:

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**Task 6: Which type of cart gives you more control on inclines?**

Answer:  
  
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Answers

**Task 1: Why is it important to select the right equipment to move heavy objects?**

Answer: “Selecting the right equipment for the task minimizes handling.”

**Task 2: What can you use instead of manual lifting?**

Answer: a pulley

**Task 3: How much applied force is needed when using 3 pulleys to lift 100kg?**

Answer: 25kg

**Task 4: When should you use a combination of lift tables and rollers?**

Answer: When “moving materials horizontally and vertically”

**Task 5: How do you select which lift table to use?**

Answer: “Select the lift table according to the weight of the anticipated load”

**Task 6: Which type of cart gives you more control on inclines?**

Answer: “carts with hand brakes”

# Performance Descriptors

| Levels | Performance Descriptors | Needs Work | Completes task with support from practitioner | Completes task independently |
| --- | --- | --- | --- | --- |
| A2.2 | Perform limited searches using one or two search criteria |  |  |  |
| A2.2 | Uses layout to locate information |  |  |  |
| A2.2 | Interpret documents to locate and connect information |  |  |  |

This task: Was successfully completed Needs to be tried again

Learner Comments:

Instructor (print): Learner (print):