

OHS for Engineers EK670 Resources
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Manual handling (Task2B) - Student examples from 2006

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Manual handling of bundled newspapers

The task is to load bundles of newspapers into a delivery van.

A biomechanical model was used to estimate the load on the spine.

The best way to reduce the load on the spine is to raise the work so that an upright posture can be maintained.

For example, by using a roller conveyor.

[Manual handling of newspapers from a printing press](#)

