



---

# **Cal/OSHA, DOT HAZMAT, EEOC, EPA, HAZWOPER, HIPAA, IATA, IMDG, TDG, MSHA, OSHA, and Canada OHS Regulations and Safety Online Training**

## **Since 2008**

**This document is provided as a training aid  
and may not reflect current laws and regulations.**

Be sure and consult with the appropriate governing agencies  
or publication providers listed in the "Resources" section of our website.

[www.ComplianceTrainingOnline.com](http://www.ComplianceTrainingOnline.com)



[Facebook](#)



[LinkedIn](#)



[Twitter](#)



[Website](#)

## Assessment Tools

### NIOSH Manual Material Handling (MMH) Checklist

<http://www.cdc.gov/niosh/docs/97-117/eptbtr5f.html>

This checklist is not designed to be a comprehensive risk assessment technique but rather as a tool to quickly identify potential problem jobs. Additional risk factors may exist that are not accounted for in this checklist. It is common practice to follow up checklist observations with more precise techniques to confirm problem risk factors.

“No” responses indicate potential problem areas that should be investigated further.

1. Are the weights of loads to be lifted judged acceptable by the workforce?	yes	no
2. Are materials moved over minimum distances?	yes	no
3. Is the distance between the object load and the body minimized?	yes	no
4. Are walking surfaces level?	yes	no
wide enough?	yes	no
clean and dry?	yes	no
5. Are objects easy to grasp?	yes	no
stable?	yes	no
able to be held without slipping?	yes	no
6. Are there handholds on these objects?	yes	no
7. When required, do gloves fit properly?	yes	no
8. Is the proper footwear worn?	yes	no
9. Is there enough room to maneuver?	yes	no
10. Are mechanical aids used whenever possible?	yes	no
11. Are working surfaces adjustable to the best handling heights?	yes	no
12. Does material handling avoid:	yes	no
movements below knuckle height and above shoulder height?	yes	no
static muscle loading?	yes	no
sudden movements during handling?	yes	no
twisting at the waist?	yes	no
extended reaching?	yes	no
13. Is help available for heavy or awkward lifts?	yes	no
14. Are high rates of repetition avoided by job rotation?	yes	no
self-pacing?	yes	no
sufficient pauses?	yes	no
15. Are pushing or pulling forces reduced or eliminated?	yes	no
16. Does the employee have an unobstructed view of handling the task?	yes	no
17. Is there a preventive maintenance program for equipment?	yes	no
18. Are workers trained in correct handling and lifting procedures?	yes	no