

# Manual Materials Handling (MMH)

## MMH - Mechanical Aids: Levers and Rollers

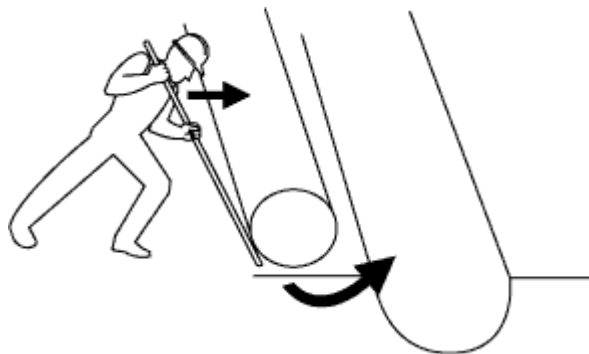
### On this page

[Why and how should levers be used?](#)

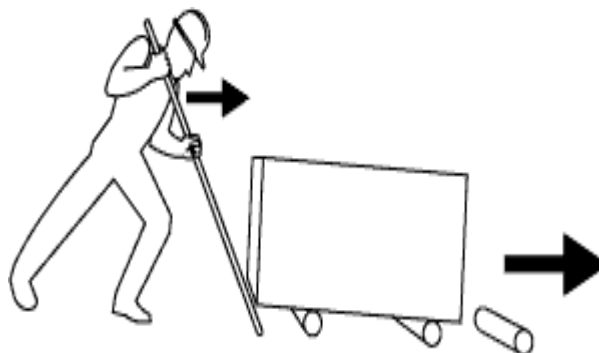
### Why and how should levers be used?

A lever is a bar or rod that can be used to reduce the effort when lifting loads. To be effective, the lever must rest on a pivot (fulcrum). Using levers reduces the force required to handle materials and avoids bending and stooping.

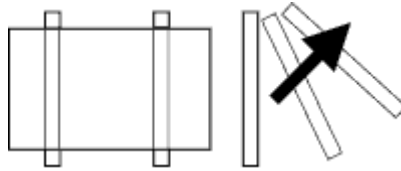
- Use a steel bar to shift an object horizontally.



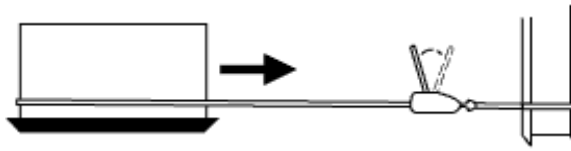
- Use the lever and rollers to move a load horizontally.



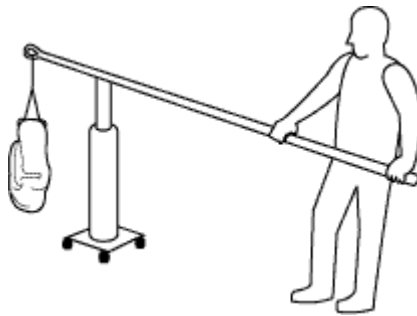
- Use rollers on an angle to change the direction of the load.



- Use "Come-Alongs" to move heavy load. Ensure load is fully on the skid to prevent drag or resistance.



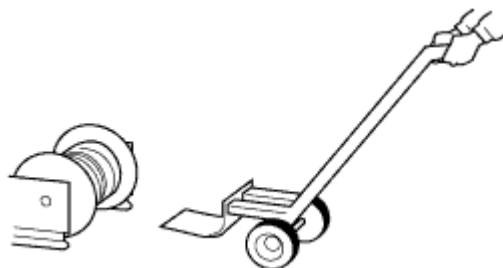
- Mount lever on wheels to assist in when moving load. Ensure that wheels can be locked.



Lever on a rolling platform lifts and moves objects.

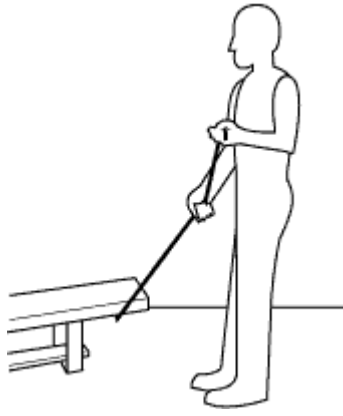


Lever on wheels lifts and moves manhole covers.



Lever on wheels lifts and moves coils.

- Use an extended handle to lift, shift or move objects without bending.



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