



Tip Sheet No. 10: 4 Ways Cranes and Monorails can Improve Ergonomics

This is the 10th in a series of Safety Tips Sheets developed by the Crane, Hoist and Monorail Alliance concerning safe application and operation of moving loads.

1. The use of a crane or monorail eliminates the need for a worker to manually lift loads in excess of his/her capability. The weight of the load is no longer an issue.
2. Cranes and monorails allow any worker to provide coverage for a work area without regard for personal strength or lifting capacity.
3. Cranes and monorails equipped with hoists or balancers, provide the worker with the ability to lift with high speed and position in low speed. This simulates manual lifting without any strain on the operator.
4. The use of overhead cranes and monorails can avoid the awkward manual lifting positions that lead to injury. Examples include lifting from the floor, lifting to overhead locations, reaching and pulling/pushing.

For additional information and safe lifting practices, please refer to links in the MHIA website <http://www.mhia.org/>. For a complete copy of the Ergonomics Guidelines for Manual Material Handling published by the EASE Council, please visit www.mhia.org/ease. This guideline shows examples of the alternatives for manual handling.

*Through the OSHA and Crane, Hoist and Monorail Alliance, the Alliance participants developed this Tip Sheet for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor.
8/2009*