

# Manual Materials Handling (MMH)

## MMH - Tall Cylinders

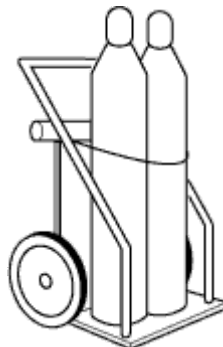
### On this page

[How should tall cylinders be transported?](#)

[How should one person lift a cylinder onto a platform?](#)

### How should tall cylinders be transported?

- Always transport cylinders with valve caps or other valve protection in place.
- Use carts or hand trucks to transport cylinders. All transport devices should have some way of securing cylinders to prevent them from falling



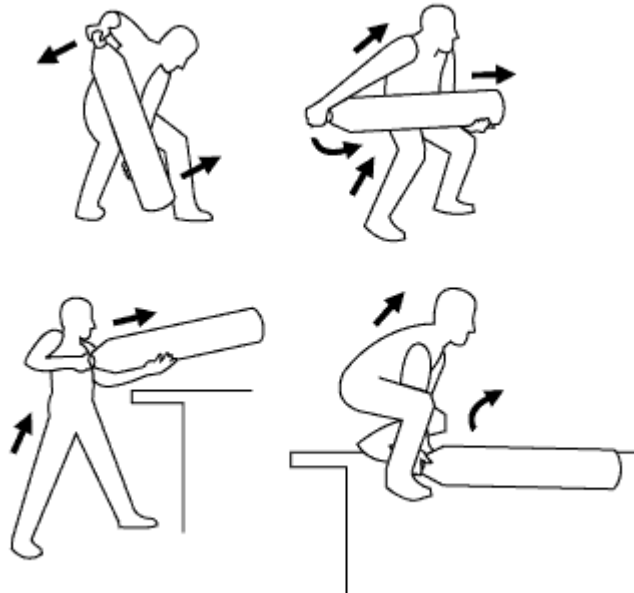
- Make sure that two people transport a cylinder if a cart cannot be used.
- Use lifting straps to improve grip.



- DO NOT pull cylinders by their valve caps, roll them on their sides, or drag or slide them as these actions can cause damage. Rolling cylinders on their bottom edge ("milk churning") may be acceptable for short distances.
  - DO NOT lift cylinders with magnets, or chain or wire rope slings unless allowed by the manufacturer.
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## How should one person lift a cylinder onto a platform?

- Transport the cylinder to within 1 metre of the platform.
- Position the forward foot around the cylinder, the back foot about 30 cm behind the cylinder.
- Bend knees slightly.
- Place one hand on the valve's protective cap, the other hand underneath the cylinder about 30 cm from the ground.
- Tilt the cylinder onto the thigh of the back leg.
- Balance the cylinder on the thigh by pressing down with the back-hand while lifting the cylinder with the forward hand.
- Extend both knees to initiate and forward movement of the cylinder and continue by pushing up and forward with the arms until the cylinder is located on the platform.
- Climb on the platform.
- Straddle the cylinder at the valve end.
- Grasp the protective cap of the cylinder with both hands between the thighs.
- Lean forward and straighten the knees to set the cylinder upright.



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