



JULY

2026

Safety Calendar





July 2026: Safe Material Handling

CHUBB®

If it looks too heavy, it probably is. Get help when lifting!

Material handling is essential for most businesses, but improper management can lead to significant injury risks, causing operational disruptions and financial losses. There was nearly 1 million cases of musculoskeletal disorders in the private sector, with many resulting in days away from work.¹ While all industries can experience risk associated with material handling, manufacturing, transportation, and warehousing are particularly impacted. Overexertions account for 35% of all non-fatal workplace injuries.²

Be prepared by following these safety tips:

 Plan Ahead	 Lifting Techniques	 Equipment	 Awareness
<ul style="list-style-type: none">• Analyze Workloads Assess the weight and dimension of the material to confirm safe handling practices.• Keep a Clear Path Ensure walkways are clear of obstacles to preventing tripping when moving materials.• Personal Protective Equipment (PPE) Wear the appropriate PPE such as gloves and steel-toed shoes based on the material being handled.• Plan Your Route Plan your route to minimize the distance and avoid areas where there may be obstacles.• Teamwork When lifting heavy or awkward items, use teamwork.• Load Capacity Be aware of weight limits for shelves and lift equipment to reduce the potential for collapse.	<ul style="list-style-type: none">• Bend at the Knees Bending at the knees, not at the waist uses the strength of your legs.• Keep It Close Holding the material as close to your body, helps to reduce back strain and maintains your balance.• Avoid Twisting When carrying a load, avoiding twisting minimizes back strains.• Know Your Limit If a load feels too heavy or awkward don't lift it.• Use Both Hands Using both hands when lifting helps to provide better control and load stability.	<ul style="list-style-type: none">• Dollies and Carts Use mechanical aids like dollies, hand trucks or carts to move heavy items.• Equipment Check Inspect lifting and moving equipment for wear or damage.• Secure Loads Always secure loads properly when transporting to prevent the load from shifting.• Forklifts Only operate forklifts if you've received proper training and certification.• Other Lifting Aids Use hoists or conveyors to transfer materials.	<ul style="list-style-type: none">• Safety Meetings Regular safety meeting focusing on material handling.• Incident Reporting Create a culture where employees can report unsafe conditions or work practices.• Ergonomic Program Implement an ergonomic program.• Job Rotation Rotate work between various tasks to reduce repetitive strain.• Work Environment Regularly assess the workplace for hazards associated with material handling.

1. [U.S. Bureau of Labor Statistics](#) 2. Bureau of Labor Statistics (BLS)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Start of National Fireworks Safety Month	2 Assess the weight and dimension of the material to confirm safe handling practices.	3 Ensure walkways are clear of obstacles to preventing tripping when moving materials.	4 Independence Day
5 Wear the appropriate Personal Protective Equipment, such as gloves and steel-toed shoes based on the material being handled.	6 Plan your route to minimize the distance and avoid areas where there may be obstacles.	7 When lifting heavy or awkward items, use teamwork.	8 Be aware of weight limits for shelves and lift equipment to reduce the potential for collapse.	9 Bending at the knees, not at the waist uses the strength of your legs.	10 Holding the material as close to your body, helps to reduce back strain and maintains your balance.	11 When carrying a load, avoiding twisting minimizes back strains.
12 If a load feels too heavy or awkward, don't lift it.	13 Using both hands when lifting helps to provide better control and load stability.	14 Use mechanical aids like dollies, hand trucks or carts to move heavy items.	15 Inspect lifting and moving equipment for wear or damage.	16 Always secure loads properly when transporting to prevent the load from shifting.	17 Only operate forklifts if you've received proper training and certification.	18 Use hoists or conveyors to transfer materials.
19 Hold regular safety meetings focusing on material handling.	20 Create a culture where employees can report unsafe conditions or work practices.	21 Implement an ergonomic program.	22 Rotate work between various tasks to reduce repetitive strain.	23 Regularly assess the workplace for hazards associated with material handling.	24 Assess the weight and dimension of the material to confirm safe handling practices.	25 Ensure walkways are clear of obstacles to preventing tripping when moving materials.
26 Plan your route to minimize the distance and avoid areas where there may be obstacles.	27 When lifting heavy or awkward items, use teamwork.	28 Bending at the knees, not at the waist uses the strength of your legs.	29 When carrying a load, avoiding twisting minimizes back strains.	30 Using both hands when lifting helps to provide better control and load stability.	31 Use hoists or conveyors to transfer materials.	

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