



# Manual Material Handling Webinar Resource Guide



## State Fund Webpages

- [SafeAtWorkCA.com](https://www.SafeAtWorkCA.com)
- [Material Handling Inspection Checklist](#)
- [Material Handling Equipment](#)
- [Pushing and Pulling Safety](#)
- [Carts: Push/Pull Guidelines](#)
- [Rest Break Benefits](#)
- [Insoles](#)
- [Ergonomics in Construction \(on demand webinar\)](#)
- [Safety Seminars](#)
- [State Fund's IIPP Builder<sup>SM</sup>](#)

## Cal/OSHA-Department of Industrial Relations (DIR) Resources

- [Cal/OSHA - DIR home page](#)
- [Ergonomic Guidelines for Manual Material Handling](#)
- [Improving Manual Material handling etool](#)
- [Ergonomic Hazards- Injury and Illness Prevention Programs](#)
- [Cal/OSHA Publications List](#)
- [OSHA Establishment Search](#)
- [Occupational Safety & Health Standards Board \(OSHSB\)](#)