Guidelines for Case Design for Safe Handling

Shipping cases that are designed within the following design qualities will reduce the risk of exceeding the lifting strength capabilities of our employees.

**Case Weight:**
A weight of 35 pounds or less is preferable. Cases greater than 50 pounds should be avoided.

**Case Size:**
Recommended dimensions in inches for the design of shipping cases are shown below. Preferred dimensions include: Length of 20-inches or less, width of 14-inches or less, and 6-inches or less. Cases greater than 30-inches in length, 20-inches in width and 18 inches in height should be avoided.

**Hand holes:**
Cases that weigh more than 20 pounds should have suitable hand holes to improve handling ability. Recommended hand hole size and shape is shown below. The length should be 4-inches or greater and the height should be 1.5-inches or greater. The hand hole should be located at or above the line passing through the center of mass of the loaded cases. Additionally, the box construction/strength should be suitable to withstand lifting the box with the hand hole and not tear through the hand hole.

For more information, please contact Paul Hickey, M.Ed., CPE; Wegmans Food Markets; Risk Management Department, P.O. Box 30844; Rochester, NY 14603-0844; 585-429-3287; paul.hickey@wegmans.com.