

## Push, don't pull



Pushing takes less effort and makes it easier to see where you're going.



Pulling stresses your shoulders and back.



## Safety meeting talking points

- You should push hand trucks, carts and other loads.
- Pushing a load is safer because:
  - ✓ You can see where you are going.
  - ✓ You can use your body weight and larger muscles.
  - ✓ You place less stress on your shoulder and back.
  - ✓ You are less likely to trip.
  - ✓ You are less likely to roll the cart over your feet.
- Plan your path of travel – look for closed doors, door thresholds and other obstacles.
- You should check that wheels and casters are turning freely.
- If a load is hard for you to push, reduce the size and weight of what you are moving.
- Make sure loads are stable and secure before pushing.

## Discussion question

- What are some of the things that we can change in our work areas to make it easier to push hand trucks, carts and other loads?