



Safety Share

Pushing and Pulling

It is usually safer to push carts and dollies than to pull them. Only pull equipment when the task is designed for it. Get training on the appropriate body positioning for the type of cart and load being handled. Use these best practices for pushing and pulling tasks.

Eliminate pushing and pulling

- Automate tasks where possible.
- Use mechanical aids.
- Improve work process to eliminate unnecessary handling.

Reduce muscular effort

- Reduce weight and size of load.
- Maintain equipment and condition of flooring to reduce friction.
- Use carts and trolleys sized and designed for use without excessive effort. Provide handles where practicable.
- Wear non-slip footwear.
- Improve workplace layout to reduce travel distance.

Optimize posture and technique

- Position hands at navel height.
- Keep ears, shoulders and hips in line.
- Bend at the hips and knees to handle object.
- Keep back straight by keeping core tight.
- Let your legs do the work.
- Take small steps to reduce strain on your back.



Grip front handle or frame.

Lock elbow at 90 degrees.

Drive cart forward with legs.

Side-push carts that are too high or wide to safely push from the rear.