



## Push/Pull Safety

This Safety Talk is to raise awareness of workplace hazards that can cause a MSI. An injury that results in a strain, sprain, torn muscle, tendon, ligament or joint is called a MSI (musculoskeletal injury).

Our work requires us to push and pull carts, wheeled equipment and other objects. Injuries from lifting, pushing & pulling are caused by over exertion and are among one of the most frequent types of injuries. Recognize the risks related to pushing and pulling and understand how to minimize your risk of injury.



### Risk Assessment/Hazards

These risks and hazards have been identified to cause injuries:

- When pulling a load, the cart may run over your feet or hit your ankles.
- Pulling a load while facing the direction of travel may cause your arm to be stretched behind your body, increasing your risk of injury.
- Pulling a load while walking backwards can cause you to not watch the direction you are going, creating a slip and fall.
- Floors that are uneven, or cluttered can cause a slip or trip.
- Footwear with a slippery sole can increase the chance of slipping while pushing or pulling.
- Unstable loads can cause a tripping hazard.
- Trying to catch a falling load may lead to an injury.
- Moving too fast while pushing or pulling can cause a fall.

### Control Measures/Safeguards

Please take care and caution and follow these safe work procedures to prevent you from injury:

#### Push rather than pull.

##### When you push:

- You can see where you are going.
- You cause less stress on the shoulders and decrease the chance for injury.
- You can apply more force by leaning your body weight into the load, making the work easier.

#### **CHOOSE TO PUSH WHENEVER YOU CAN.**

##### Regardless of whether you push or pull:

- Plan your path of travel. Make sure it is free of obstructions, slippery surfaces, etc.
- Avoid rough or uneven surfaces.
- Wear appropriate footwear.
- Make sure the load is stable.
- Do not try to catch a falling load.
- Place your hands within the sides of the cart or equipment.
- Use both arms.
- Keep your elbows in as close to your body as possible and forearms at elbow height.
- Keep your back straight.
- Stay close to the item you are moving.
- Avoid moving too fast. Pace yourself.

### Thought Provoking Questions

What objects in your work site could you use hand carts instead of carrying them?

Do you notify your supervisor if carts or wheeled equipment require repair?



# SAFETY TALK

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: \_\_\_\_\_

Supervisor: \_\_\_\_\_

Performed By: \_\_\_\_\_

Location: \_\_\_\_\_

## Name & Number of Safety Talk

Employee Name:

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Employee Signature:

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Corrective Actions:

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