

# Pushing/Pulling

Affected Sectors: All

## Hazards

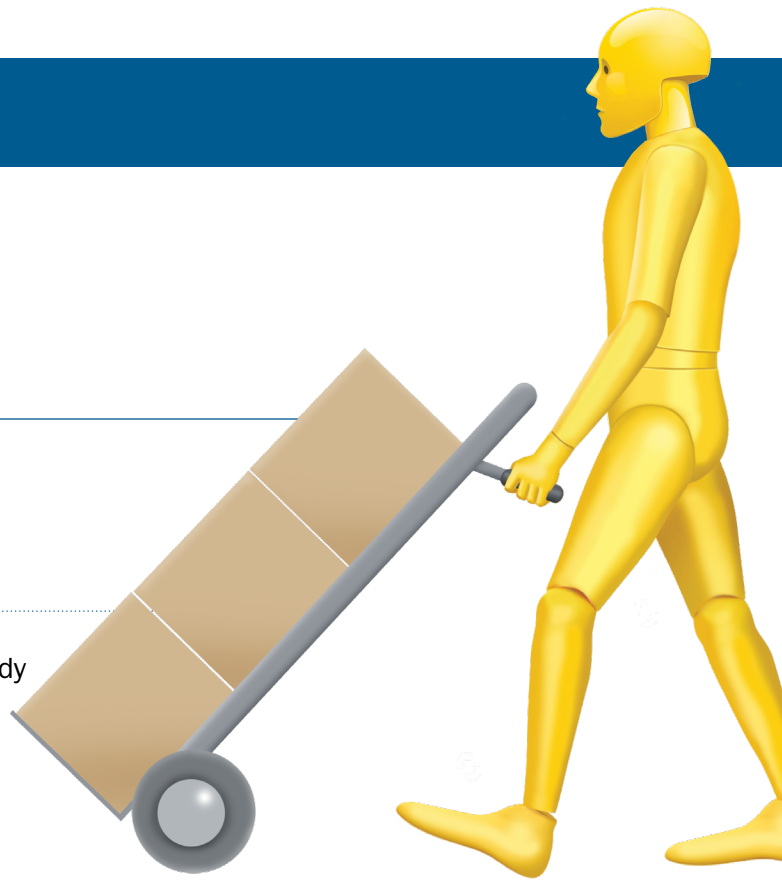
## Contributing Factors

### Force

- Equipment maintenance
- Weight of materials
- Type of flooring
- Uneven surfaces

### Posture

- Moving items across the body
- Moving items while seated
- Twisting
- Height of cart handles



**TIP:** Pushing is better than pulling. Higher push forces are created by leaning our body in to a load. Pulling increases the risk of shoulder and back injuries.

## Possible Controls

### Quick Wins

- Hold item between waist and chest level for more support and better balance.
- Add extensions to cart handles.
- Stand as straight as possible to maintain neutral position of spine.
- Use proper gloves and boots with grip to prevent slipping.
- Plan your route to make sure there are no additional hazards.
- Inspect equipment and replace parts to allow for less resistance.

### Long-Term Planning

- Preventative maintenance program for equipment used in pushing/pulling.
- Budget for electric pallet jacks or other equipment that can be used to move heavier items.