

Material Handling Equipment: Push & Pull



Before moving a load, establish a clear path and ensure visibility around the load



Move load with a powered device when one is available



When possible, push the cart, dolly, or pallet jack to keep back straight and use neutral postures



Avoid twisting and reaching while walking with carts, dollies, and pallet jacks



Use two hands to push and pull



Preventative maintenance on wheels, casters, and device operation helps to reduce forces and optimize maneuverability