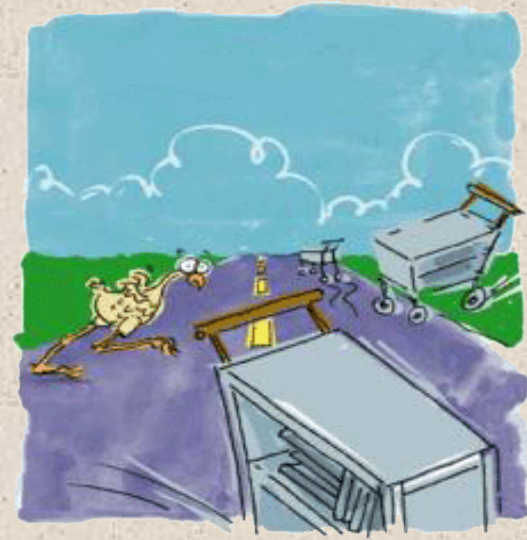


## 12. Pushing & Pulling Carts...*essential tips*

- Plan the push or pull
  - try to gauge the weight
  - adjust the load or get help
- Use your body efficiently
- Be alert and look for obstacles in your path
- Wear safe & supportive footwear



*Watch for obstacles  
in your path!*

# Pushing & Pulling Carts

*...plan the push & adjust the load*

Before you attempt to push or pull a loaded cart, try to gauge the forces required by leaning your body weight against the cart.

If it won't budge, adjust the load by removing some of the contents.

If it still won't budge when you apply body weight, get some help.

Overexerting when pushing and pulling heavy carts is a major cause of back strains and sprains.



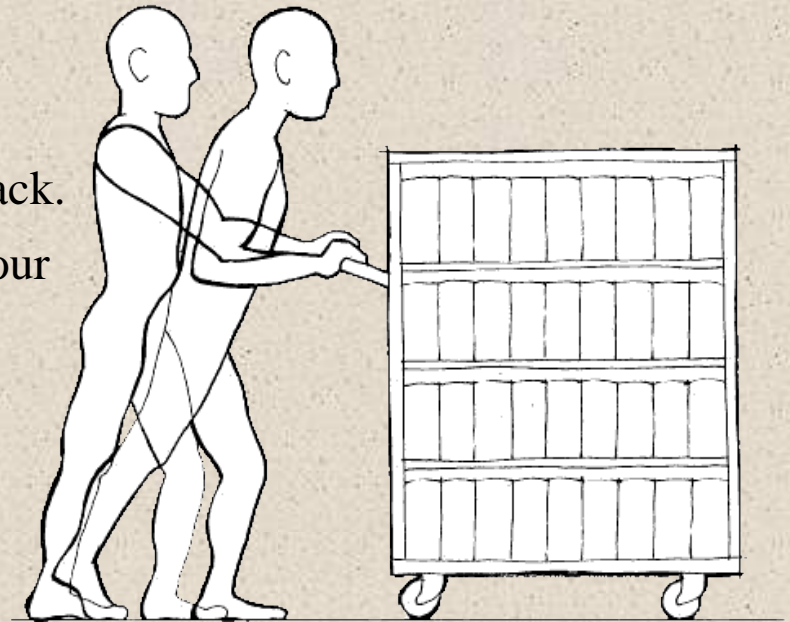
## **Ergo Fun Fact**

Ironically, the human body is about 20% more efficient at pulling heavy objects than it is at pushing them, yet we push most everything. The reason? Pushing is a lot safer because the eyes are facing in the direction of travel and most humans are not fond of wearing harnesses.

# Pushing & Pulling Carts

*...use efficient body motions to push*

1. Position yourself in front of the steering side of the cart and grasp the handle or cart frame at about your elbow height.
2. Stand about a forearm's length from the cart with your feet spread apart, front-to-back.
3. Begin by applying a pushing force with your arms while leaning into the cart with your upper body weight and push off with your legs- make sure the motion is smooth and gradual!
4. Once you've initiated movement of the cart, use a combination of shoulder and leg muscles to maintain control of the cart as you move forward.



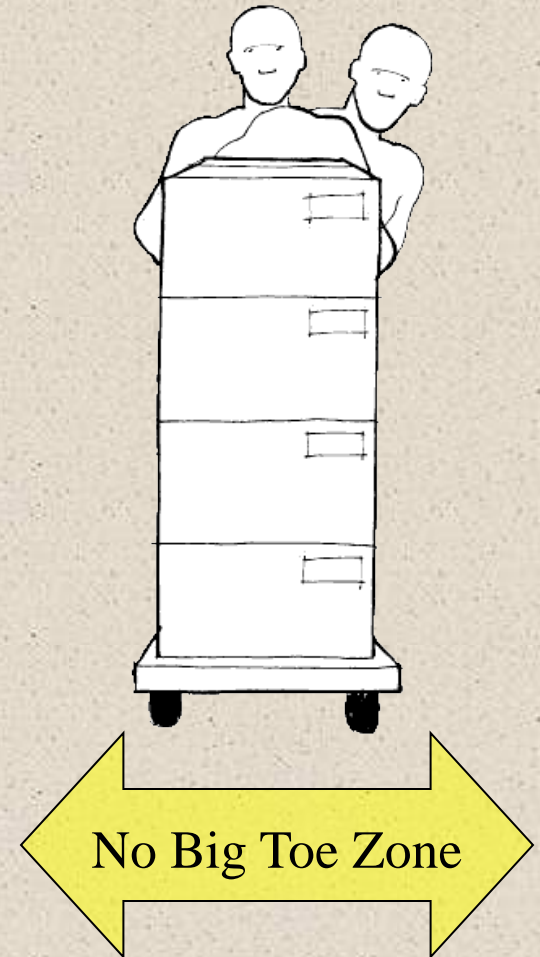
# Pushing & Pulling Carts

*...look for obstacles in your path*

Before and while pushing a cart make sure there is a clear path of travel for you to navigate. Also make sure you can see over and around the cart.

Keep an eye out for obstacles and obstructions at floor level such as uneven pavement, thresholds or slippery spots that might hang up the cart or cause you to slip or fall.

Keep a keen eye out for persons in your path, particularly their feet. Crushed toes account for about 10% of all workplace accidents each year.



# Pushing & Pulling Carts

*... wear safe and supportive footwear*

In a workplace that involves a lot of cart traffic and material movement, the most common accidents tend to be slips and falls, followed closely by impact injuries to the feet- i.e., dropping item on foot, running over foot with a heavy cart.

Most slips, falls and impact injuries can be avoided by wearing safe and supportive footwear while on the job.

Save your sneakers and sandals for lighter activities and be kind to your big toe!

These environments also require that people to move about and stand on their feet a most of the day. In such case, it's important that your shoes have a good arch for comfort and support and, ideally, a steel toe to protect your feet.

If you experience discomfort in you hips, knees or feet, experiment with cushioned insoles from your local pharmacy since they can do a lot to reduce pressure on your joints.

