



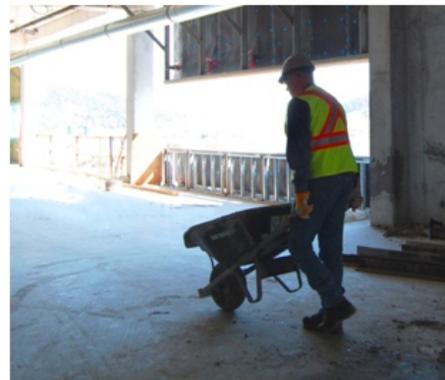
Pushing & Pulling Safety

Sprains and strains continue to be one of the highest types of injuries within the construction industry. These injuries occur frequently, and are painful, disabling and often accompanied by lengthy recovery periods.

Explain Dangers

Injuries from lifting, pushing and pulling are caused by overexertion. Heavy construction requires us to push and pull carts, wheeled equipment and other objects. There are many hazards associated with this type of activity:

- 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 where you are going, creating a slip and fall hazard.
- 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.



Hazard Controls

CHOOSE TO PUSH WHENEVER YOU CAN.

Regardless of whether you push or pull:

- Plan your path of travel; make sure it is free from obstructions, slippery surfaces, etc.
- Avoid moving heavy loads through 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 your forearms at elbow height.
- Keep your back straight.
- Stay close to the item you are moving.
- Avoid moving too fast; pace yourself. other slippery substances