

Why talk about Pushing and Pulling?

Injuries caused from overexertion while pushing or pulling are some of the most common forms of MSI. In most cases injuries as a result of pushing or pulling are preventable.

What are some of the hazards associated with Pushing and Pulling?

Pulling or pushing hazards:

- Pulling with arms stretched behind the body increases the risk of injury.
- A load being pulled while walking backwards causes you to not watch the direction you are pulling.
- Pulling or pushing a load on uneven or cluttered floors.
- Pushing or pulling a load using only one hand.
- Trying to manage unstable loads while pushing or pulling.
- Stopping an unsecured object from falling from a cart.
- Pushing or pulling a load too quickly can cause a fall.
- Wearing inadequate footwear increases the chance of slipping while pushing or pulling.
- Wheels that are not working properly



How can I reduce the risk of an injury?

Here are some work safety and injury prevention tips:

- When possible, push rather than pull the load. This puts less stress on the shoulders.
- Keep your elbows close to your body and your hands within the sides of the cart or equipment when pushing or pulling.
- Always use both arms to move a load.
- Ensure your view is unobstructed and you can see where you are going.
- Avoid moving too fast. Pace yourself.
- Make sure path is free of obstructions and slippery surfaces.
- Secure a load before moving it.
- Stop and secure a load if it becomes unstable.
- Stay clear and do not try to catch an unsecured load falling load.
- Wear footwear with appropriate traction.
- Maintain carts. Report and repair carts immediately.
- **Use the hierarchy of controls and plan your work accordingly.**



MEETING DESCRIPTION			
Meeting Date:		Time:	
Location:		Supervisor:	
Number in Crew:		Number Attended:	
Attended By:			Absent

REVIEW ITEMS FROM PREVIOUS MEETING	INCIDENTS/INJURIES REVIEWED

TOPICS DISCUSSED
1.) MSI – Pushing and Pulling- Force

WORKERS CONCERNS

CORRECTIVE ACTIONS TO BE TAKEN

MEETING CONDUCTED BY			
Supervisor:		Manager:	
Date:		Date:	