**Why talk about Pushing and Pulling?**

**How can I reduce the risk of an injury?**

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

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.
* Plan your path of travel.
* 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.

**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 causing 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.



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| **MEETING DESCRIPTION** | | | |
| **Meeting Date:** |  | **Time:** |  |
| **Location:** |  | **Supervisor:** |  |
| **Number in Crew:** |  | **Number Attended:** |  |
| **Attended By:** |  |  | **Absent** |
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| **REVIEW ITEMS FROM PREVIOUS MEETING** | **INCIDENTS/INJURIES REVIEWED** |
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| **TOPICS DISCUSSED** |
| 1. **MSI – Pushing and Pulling- Force** |
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| **WORKERS CONCERNS** |
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| **CORRECTIVE ACTIONS TO BE TAKEN** |
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| **MEETING CONDUCTED BY** | | | |
| **Supervisor:** |  | **Manager:** |  |
| **Date:** |  | **Date:** |  |