

Pallet Jack Safety Rules **Push or Pull**

- Push or Pull? Pulling allows better maneuverability but pulling puts strain on the back, always try to push the load instead if you can
- Pushing the load:
 - Keeps the back and spine straight
 - Uses the stronger and larger leg muscles and bones
- Pulling the load:
 - Employees pulling pallet jacks are using their backs more than their legs to move the load
 - Bending forward creating a curvature in their spine making them more susceptible to back injuries
 - The jack is not designed to be pulled by one or both arms
 - Exception: Making small adjustments in the positioning of the load, while standing erect

Think safe. Act safe. Be safe.

Osha Manual Pallet Jack Regulations

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