



www.visvolunteers.com

PUSHING AND PULLING

Because of the frequent and severe injuries associated with manually lifting and carrying things, we look for ways to change tasks and avoid this sort of injury. One of the ways we can do this is to change the task of carrying an object or container to a task that requires only pushing and pulling, which are generally less stressful. But in fact, pushing and pulling themselves are often involved in muscle and spinal injuries. So if we can find a way to eliminate the pushing and pulling also, we should be able to cut down on those injuries.

Here are some of the ways you may be able to change such a task:

You can eliminate the need to push and pull by using slides and chutes, power conveyors, and powered trucks.

You may be able to reduce the force required to push or pull something if you:

- Reduce the weight of the load.
- Use non-powered conveyors, air conveyors, and ball-caster tables.
- Use hand trucks and dollies with large diameter casters - and make sure bearings are good.
- Make sure hand trucks and other equipment being used are well-maintained.
- Use air cylinders or pushers.

You might be able simply to reduce the distance that something needs to be pushed or pulled by relocating production or storage areas, or improving the layout of the work area.