PUSH vs. PULL

SAFETY CINEMA™ poster

Make a choice to protect yourself!

You are much more important than anything that needs to go from here to there.

Before you push or pull…

take the time to make a choice to protect yourself.

Choose PUSHING a load instead of PULLING it whenever possible.

When you PULL…

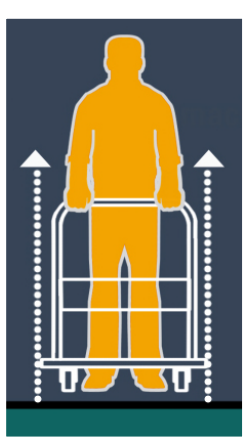
- **You cannot see** where you are going, if you walk backwards.
- **You cause stress** on your shoulders if you face the direction you are going. Your arm is stretched behind your body, placing your shoulder and back in an awkward position that increases the chance for injury.
- **The cart can run over your feet** or strike your ankles.

When you PUSH…

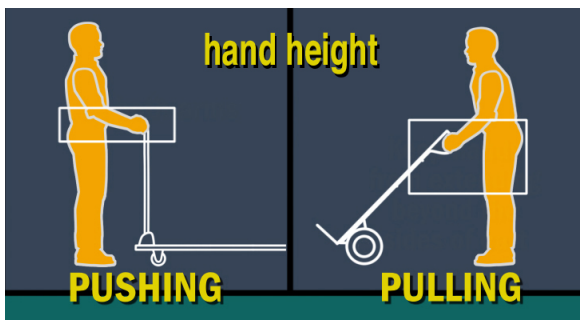
- **You can see** where you are going.
- **You cause less stress** on the shoulders and decrease the chance for injury.
- **You can apply more force** by leaning your body weight into the load, making the work easier.

Choose to push whenever you can.

But regardless of whether you PUSH or PULL…



- **Place your hands at the correct height.**
- **Place your hands within the sides** of the cart or equipment.
- **Use both arms.**
- **Keep your back straight.**
- **Contract your stomach muscles.**
- **Stay close to the item** you are moving.
- **Wear appropriate footwear.**
- **Clear rolling surfaces from debris.**
- **Avoid rough or uneven surfaces.**
- **Use high-quality wheels or casters**; choose larger-diameter wheels, which roll better.
- **Stabilize and secure** the loaded cart or equipment. Trying to catch a falling load may lead to an injury.



So make a choice…

- **Choose to PUSH instead of PULL** whenever you can.
- **Choose the safest way.**

Make a choice to take care of yourself.

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