



## **PUSHING AND PULLING PALLET TRUCKS**

It is very easy to use your back when pushing and pulling pallet trucks. To use your legs when pushing, take a look at the illustration on the left. Note that the hardest part of pushing is to get the truck moving. To do this, see how the worker has one foot forward and one foot back. This gives him a solid base to work from. See also how his back is in neutral, his knees are bent, and his arms are nearly straight. In this position, he can easily push off with his legs, keeping his back completely out of the job.

To use your legs when pulling a pallet truck, you should use basically the same stance you would use in a Tug of War contest. With one foot forward and one foot back, and keeping the back in neutral, with the knees bent, it becomes easy to use your legs to get the truck moving. Once the pallet truck is moving, it is relatively easy to keep it going. The hardest part of pushing or pulling, is to get it going. Always use your legs, not your back, when you are working.