



## **PUSHING A PALLET JACK**

To push a loaded pallet jack, you need to generate as much strength as possible to get the load moving. You will be pushing off with your back foot, so plant your feet at an angle to the handle.

As you push, keep your elbows almost straight, but not locked. If your elbows are bent too far, you will waste strength in keeping them from collapsing as you push.

With the handle straight up, your elbows nearly straight, and pushing off with your back foot, you will increase your strength greatly and make this job much easier.