

PUSHING & PULLING

Push Rather Than Pull

Learning the proper techniques for pushing and pulling heavy loads can prevent low back and general overuse muscular injuries. These types of overexertion injuries are very preventable by using good techniques when pushing and pulling objects.

Choose to push rather than pull a load whenever possible.

- Pushing utilizes your larger, stronger leg muscles, instead of weaker arm and shoulder muscles.
- Pulling a load while facing the direction of travel places your arm, shoulders, and back in an awkward position.
- If you pull a cart, it can run into your legs or run over your feet

Use good techniques whether pushing or pulling.

- Make sure the load is stable and secure.
- Reduce the weight and size of the load if possible.
- Plan your path of travel to make sure it is free of obstructions, spills, or debris.
- Wear appropriate footwear.
- Use both hands.
- Contract your stomach muscles and keep your back straight.
- Keep your elbows in close to your body, and keep your forearms at elbow height.
- Initiate the push slowly and with your leg muscles.
- Try to push straight on.
- Avoid leaning too far forward when pushing.
- Do not move too fast.
- Avoid sudden starts and stops.
- If an object is not on wheels, consider rotating it back and forth in a forward direction.
- Ask for help if you need it.

