

**TLR Safe Work Practice - Pushing/Pulling Wheeled Equipment****TLR Safe Work Practice - Pushing/Pulling Wheeled Equipment  
(carts, beds/stretchers, wheelchairs, client mechanical lifts)**

To ensure a safe move:

- use good posture and safe body mechanics when pushing/pulling and adjusting equipment (e.g., locking/unlocking brakes)
- maintain clear visibility. Poor visibility may cause you to twist or use awkward postures. Do not pile items so they interfere with visibility. A maximum load height of 140 cm (55 in.) accommodates most workers. If clear visibility is not possible, use equipment designed for two workers to push from the sides.
- ensure objects on the equipment are safely secured.
- maintain a safe speed and avoid moving the equipment too fast.
- only use the equipment according to the manufacturer's intended use.
- be trained on the safe use of the equipment; keep your training up to date.
- ensure appropriate maintenance of the equipment; document and report any damage or malfunctioning according to your facility procedures.
- depending on the duration of the move, consider changing your grip by varying between palms up and palms down, as well as alternating between horizontal and vertical grips.
- alternate working positions to avoid overusing any single muscle or group of muscles.

In situations where the equipment/object (e.g., furniture) has no wheels, incorporate friction reducing devices such as furniture gliders, appropriate wheeler.

**DO NOT PUSH ONE OBJECT WHILE PULLING ANOTHER**

source to support content:

*Using Carts in Healthcare: a resource guide for reducing musculoskeletal injury*, Occupational Health and Safety Agency for Healthcare (OHSAH) in British Columbia

The risk of injury would be further reduced when appropriate equipment is used for moving objects.

Wheeled equipment is appropriate for use in situations when:

- load is required to be moved from one location to another
- load is too heavy or awkward to be moved manually
- workers are trained on the use of the equipment

Refer to the TLR User Manual, Module 3, for more information on TLR standard object moving techniques.

**Safety Talk Discussion**

**Be Accountable: Choose safety - work safe - and go home injury free!**