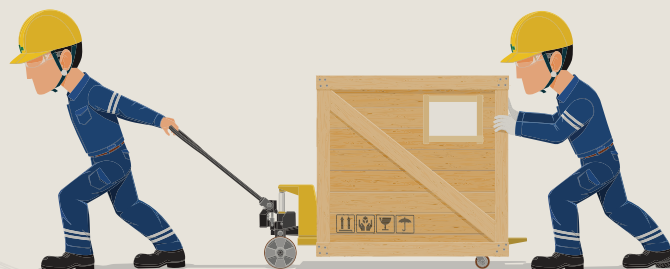




## Push or Pull: WHERE IS YOUR POWER?

Which one is better? OSHA recommends pushing over pulling. But there are many considerations such as the weight of the object, the friction of the surface, or the height of the object that should be considered. Always assess the situation prior to choosing to push or pull. Also, it may be easiest to alternate between the two depending on the situation.



### INJURY PREVENTION TIPS FOR PUSH OR PULL:

- 1. Push when possible** as it involves less work by the muscles of the low back, and you can easily see where you are going.
- 2. Recognize your limits.** Ask for help, utilize lifts, carts, and equipment when available.
- 3. Plan ahead.** Make sure your path is clear, assess wheels for damage etc. to make sure your route is efficient and safe.
- 4. Gradually push or pull.** Use gradual force to start or stop the load. No fast and forceful motions.
- 5. Use proper body mechanics.** When possible, position hands shoulder width apart at chest height. Keep back straight, shoulder blades engaged and use legs.
- 6. Exhale with exertion.** Do not hold your breath. Breathe out when completing the most difficult part of the task to protect the spine.

### HELPFUL TIP:

Whether pushing or pulling, **symmetry is key**. Avoid pulling or pushing with one hand only. Always hold the object with both hands which will decrease any stress or strain on only part of the body. Keep good posture with shoulder blades engaged, back straight and knees slightly bent.