

Hazard Review

- **Slips, trips or falls**
- **Injury to hands, knuckles.**
- **Repetitive strain injury, including backs**

Related Safe Work Practices

- **Lifting and Body Mechanics**

Required Personal Protective Equipment

- **Heavy work gloves (as needed)**

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BEFORE

1. Ensure the load to be moved is as balanced as possible.
2. Check that the load will clear safely through openings, aisles, and roadways. The user should be able to see over and around the load to guide it safely.
3. The load should be secured, or held steady, against shifting or falling.
4. Do not overload the wheelbarrow. Only put in the wheelbarrow the weight that does not exceed its design capacity. You should not lift more than 50 pounds at any one time (see *Lifting and Body Mechanics*) and your individual ability (at which you will be safe) may be less. Therefore, if you are using it on a hill or awkward surface, the weight may need to be even less.
5. Wheelbarrow wheels should be inspected and maintained regularly. Maintain proper lubrication according to the manufacturer. Keep tires inflated according to manufacturer. Keep all bolts tight fitting and secure.

DURING

1. When picking up a wheelbarrow, bend your legs for lifting rather than your back (see *Lifting and Body Mechanics*).
2. Always push a loaded wheelbarrow forward. Warn others that you are coming if need be.
3. Use a walking pace. Keep your speed under control.

4. Cross over obstacles at a right angle, especially over rails or planks which may divert the wheel causing the load to spill or fall.
5. Make several trips for large loads.
6. Balance the load over the wheel for good control.
7. If you loose control of the wheelbarrow, let go of the handles and shout a warning to others.
8. For long or awkward loads, consider using a hand truck or other device.
9. If walking on uneven substrates, move carefully and deliberately taking care that foot placement is firm on the substrate to prevent slippage. As needed, be sure management is aware of the uneven substrate so that they can mitigate it.

AFTER

1. Store the wheelbarrow such that it is not an obstacle or tripping hazard.
2. Replace wheelbarrow handles which are split or splintered. Handle guards can help protect knuckles from scrapes, cuts and fractures.

References:

1. "Tool Box Talks, Wheelbarrows", and "Tool Box Talks, Using Wheelbarrows Safely", Armor Assurance Group, 3/98 and 4/99, www.armorassurance.com