

WHEELBARROWS

Safety Topic V6-0962

Materials Handling, Landscaping, Outdoors

From muscle strains to tipping hazards, misuse of wheelbarrows can lead to accidents that are easily avoidable with the right safety practices.



- Never overload a wheelbarrow. Keep loads within your strength and the wheelbarrow's capacity.
- Distribute the weight of the materials evenly to maintain balance.
- Avoid stacking material above the rim where it can shift or fall during movement.
- Walk, don't rush, with a loaded wheelbarrow, especially on uneven surfaces.
- Use extra caution on slopes, gravel, mud, or icy areas to prevent tipping.
- Push with your legs, not your back, and keep your back straight while working.
- Wear gloves and sturdy footwear with good traction to reduce strain and prevent slips when pushing a wheelbarrow.
- Inspect the wheelbarrow before use. Check the tire, handles, and fasteners for damage.
- If the wheelbarrow is damaged or unstable, remove it from service.
- Make sure your travel path is clear of debris, cords, and tripping hazards.
- Use both hands on the handles at all times to maintain full control.
- Plan ahead and use spotters if your view is blocked by the load.
- Avoid sharp turns or sudden stops that could cause tipping or loss of control.

Discussion

What problems can happen if a wheelbarrow is overloaded?

How can you keep control of a wheelbarrow while turning or stopping?