

HAND TRUCK LOADING

Safety Topic V6-0459

Materials Handling, Warehouse

Before using any hand truck, especially if you are the first person on shift to use it, perform a quick inspection before loading materials onto it. A poorly maintained hand truck will greatly increase physical stress on an employee.

- Check the tire pressure, or overall wheel condition.
- Check the frame for broken, cracked, or bent sections or other defects or damage.
- Confirm the load capacity.



Safety precautions to follow when loading and unloading materials on a hand truck:

- Always use proper lifting technique to prevent back injuries. Keep your back straight while lifting a load. If you must bend down then bend at your knees, not at your waist, and do not twist while lifting a load.
- Place the load fully on the platform (nose plate) and ensure the load is pushed all the way back to the frame of the hand truck. There shouldn't be a gap between the load and the frame.
- Load hand trucks for good balance and stability. When stacking, place the heavier items on the bottom to keep the center of gravity of the load as low as possible.
- Keep the materials stacked at or below the top of the hand truck.
- Unsupported items stacked higher than the handles may slide off once the hand truck is in motion, or the operator will have to use one hand to stabilize which may be unsafe.
- Never stack items in a way that blocks your view. Always allow for a clear view of the path ahead, especially near docks or any edges without guardrails.
- If needed, tie or secure the load to the hand truck to prevent shifting during transport.
- If using belts or straps to secure the load, always inspect them before use to ensure they are not frayed, worn out or damaged.

Discussion

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What PPE would you recommend wearing while using a hand truck?

What hazards should workers be aware of when it comes to using hand trucks?