Loading and Unloading Trucks

It Can Happen!
Wrist, elbow and shoulder tendonitis; shoulder bursitis; carpal tunnel syndrome; back and neck pain; other muscle, tendon and joint injuries

What You Can Do?

Work Activities
➤ Use a material handling device to move large or heavy articles
➤ Ensure that material handling devices are well maintained and the right type for the job
➤ Push carts and trolleys instead of pulling them
➤ Get help to lift heavy items if you are not 100% sure you can lift them safely
➤ When carrying a load, be sure that you can see over or past it
➤ Take regular mini-breaks for stretching or moving to improve blood circulation and reduce muscle tension

Safe Lifting
➤ Take a balanced stance – put your feet shoulder-width apart
➤ Get close to the object and squat down to pick up the load
➤ Get a secure grip on the load
➤ Test the weight of the load before trying to lift it
➤ Lift the load gradually and smoothly, keeping your back and neck straight
➤ Lift and carry the load close to your body
➤ Turn your whole body when carrying a load, instead of twisting your back
➤ Follow these instructions in reverse when lowering a load

Work Area
➤ Be sure that your path is clear before moving a load
➤ Store heavy items on shelves at waist height and light items above waist height
➤ Be sure to use the right material handling device for the task

Don’t Forget!
DO NOT lift containers that feel too heavy

Did You Know?
➤ Your employer should ensure that you are trained in ways to work that reduce the risk of musculoskeletal injuries