

TIP SHEET

A series of health and safety tips to prevent work-related injuries in the trucking industry



TIPS TO LIVE BY

These Trucks Carry Big Risks

A hand truck does things a semi-truck can't do. And while it's much smaller than a rig, the injury risks are still big. It is a basic piece of equipment, but using it wrongly can complicate your safety. Hand trucks require you to hold, steer & push, pull, load, and unload. If done improperly, these tasks can lead to crushing, abrasions, falls, strains, sprains, getting struck, and tip overs. Using a hand truck at a work site that is not familiar to you can also increase risk. Awareness of your surroundings, securing the load, and going easy with your hand truck will help prevent injury.



Overloading, uneven surfaces, and poor visibility cause injuries.

- ❑ Before using, make sure grab handles, grips, and wheels are securely mounted, clean, and serviceable.
- ❑ Inspect load for damage before loading.
- ❑ If possible, secure, band, or shrink wrap load before moving it.
- ❑ Pre-configure load and center it evenly on the hand truck's nose plate.
- ❑ Use both hands to steer load into place.
- ❑ Make sure you can see over the load.
- ❑ Whenever possible, travel with load leading.
- ❑ Stay away from loading dock ledges, and make sure dock boards and bridge plates are securely fastened.
- ❑ Stay away from and report uneven or deteriorated walking surfaces.
- ❑ Wear a high-visibility vest and look twice for passing vehicles or other moving equipment.



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KeepTruckingSafe.org

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