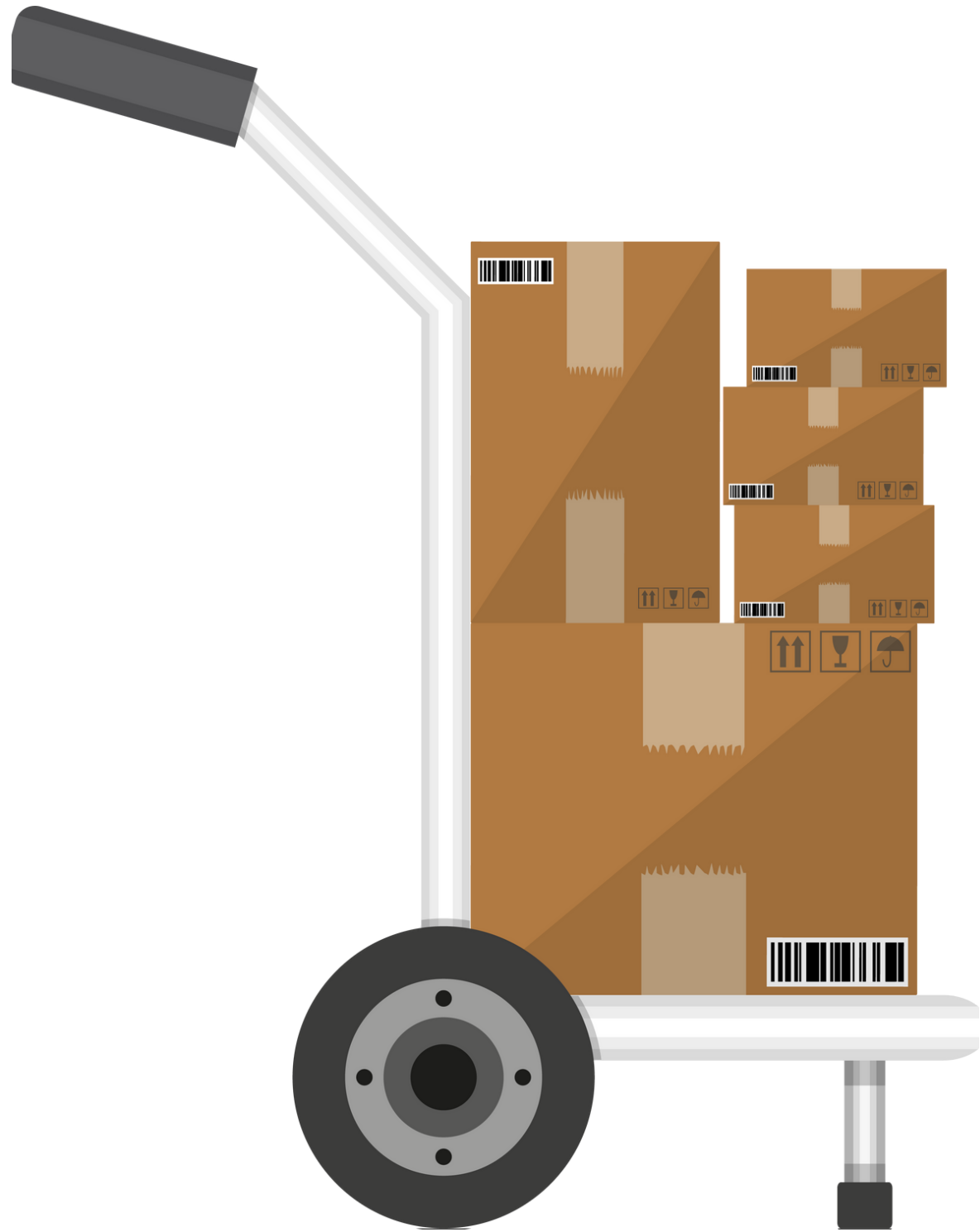


Using Dollies and Carts

What should we know?



- Secure the load before traveling
- Ensure weight is evenly distributed on the dolly or cart being used
- Push instead of pulling when moving a load
- Even when using a lifting aid such as these, break the load into smaller manageable sizes
- Never stack boxes higher than can be seen around

It is also important to wear the necessary personal protective equipment (PPE) to protect from other hazards that may be present



Using Dollies and Carts Training Guide

Below are questions and talking guides for using dollies and carts.

Questions

Where should we go to retrieve, or who should we ask to use, a dolly or cart for moving items?

When would we request a dolly or cart?

What PPE might be necessary when moving loads on a dolly or cart?

What should we be mindful of when stacking material on the dolly or cart?

Answers

Cover the specific instruction to be followed for requesting a dolly or cart at this location.

- When a load is too heavy or large to do manually.
- When we are traveling further than would be comfortable to carry.

Possibly gloves for lifting items and close toed shoes to prevent foot injuries from falling objects.

- Stack items on a dolly evenly against the back support
- When stacking on a cart, make sure the load is stable
- Do not stack items above eye level
- Secure the load with straps to improve stabilization