



## Pushing, Pulling, and Carrying

**IT IS ALWAYS BETTER TO PUSH THAN PULL.** Before pulling anything, try to think of a way to push it first.

### Pushing

First, test the load to see how easy it is to push. Make sure the path is clear. Stand facing the object, placing the hands on object. Place one leg behind the other. Bend the knees and keep the back straight. Tighten the abdominal muscles and slowly push with the arms and legs. Once moving, continue to push in a slow and steady manner. When ready to stop pushing, slowly ease up and return to a standing position.



### Pushing/Pulling

When performing duties such as vacuuming, sweeping, shoveling or raking, do the following: stay close to the work area; use the arm and leg muscles while keeping the back straight; avoid twisting movements; and use body weight to help with the job.

