General Rules
For Hand Trucks

When using a hand truck, dolly, or other non-powered material handling equipment, follow these simple tips:

• Properly secure the load on the hand truck. This may mean using a strap to hold it in place.

• Push the load, don’t pull. You can get twice the power by pushing and there is less chance of the load falling on you.

• Make sure you have a firm grip on the hand truck.

• Keep your knees bent, back straight, and lean in the direction of the movement of the load.

• Let your legs and body weight do the work.

For more information, contact your Loss Control Consultant at (800) 252-5059, ext. 1387 or 1384.
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