

## LIFTING DEVICES – HAND TRUCKS, DOLLIES, CARTS ETC.

### 1. Task

Manual lifting/transport of materials.

### 2. Hazards

Overexertion, muscle strain.

### 3. Controls

Pre-Job Safety Assessment (PSA). Proper lifting technique, mechanical aids.

- ❖ Know what the lifting capacity of available equipment is and do not attempt to lift loads greater than the rated capacity.
- ❖ Regularly inspect and service lifting/transport devices. Check wheel condition, lubricate bearings, maintain clean decks and handles.
- ❖ Check the path of travel to determine shortest route clear of obstructions and trip hazards. Check for blind corners, ramps, curbs etc.
- ❖ Assess the load and determine what type of equipment is appropriate.
- ❖ Never allow personnel to ride hand trucks/carts unless designed for personnel transport.

### Hand Trucks

- ❖ Generally, two wheeled hand trucks are best suited to moving items such as small/medium cartons, or small loads of bagged materials (i.e. grout). Modified hand trucks are used for transporting compressed gas cylinders.
- ❖ For heavy use, select hand trucks that have welded steel frames.
- ❖ If the hand truck has a continuous grab bar instead of two grip handles, keep fingers/hands clear when laying truck down or positioning close to walls or other object to prevent pinching/crushing fingers.
- ❖ If possible, insert lip of truck under load and use lever effect of truck to lift load.
- ❖ Check load for stability, secure load to the truck to prevent shifting when lifting multiple items.

### Dollies

- ❖ Generally used for transporting sheet materials such as plywood/drywall/glass in an upright position.
- ❖ Do not overload cart, ensure cart has adequate wheel base to support load without instability.
- ❖ Secure load to cart when in transit.
- ❖ When “parking” cart on an incline, always chock wheels or apply caster brakes if so equipped.

### Carts/Wagons/Live Skids

- ❖ Generally used for transporting bulk loads (cartons/bags) or transporting sheet materials in a horizontal position.
- ❖ Do not overload cart. Ensure cart has enough bed dimensions to adequately support load.
- ❖ If load can shift, secure to cart.

### Pump Trucks (Pallet Jacks)

- ❖ Ensure pump truck is in good working order and that forks are free of burrs.
- ❖ Insert forks fully under pallet and raise load to clear floor.
- ❖ Test move load to ensure that wheels are clear of pallet, if resistance is felt, lower load and adjust position.
- ❖ Check stability of load, if unstable use a powered lifting device, break down load into smaller loads or secure to pump truck.
- ❖ Ensure that load is not too heavy for control. When approaching ramps, load should be on the downhill side.