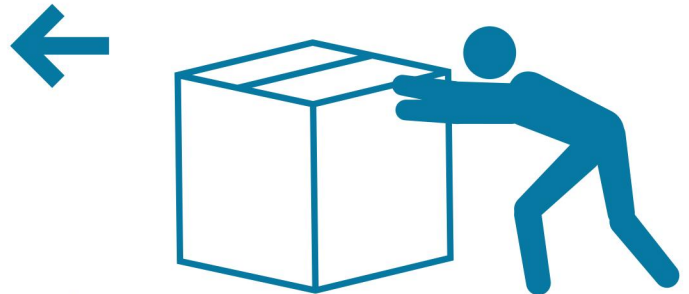


PUSHING OR PULLING

Pushing is better than pulling. While pushing, you can use your body weight and keep a more natural posture to assist with the task. While pulling, you tend to use only one hand and your body tends to be twisted.

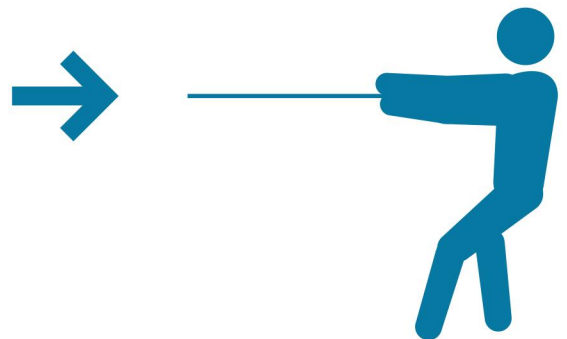
WHILE PUSHING:

- Tighten your stomach muscles
- Use both hands
- Bend your knees
- Lean in slightly toward the object you are pushing
- Keep your back and wrists straight
- Use your legs and the weight of your body to move the object



WHILE PULLING:

- Tighten your stomach muscles
- Bend your knees
- Lean slightly away from the object when pulling
- Keep your back and wrists straight
- Use your legs and the weight of your body to move the object



HAVE A QUESTION ABOUT SAFETY AND HEALTH? CONTACT US

[SAFEATWORK.MO.GOV](https://safeatwork.mo.gov)

I understand the information presented and vow to use proper body mechanics when pushing and pulling.

COMPANY: _____

EMPLOYEE NAME:

DATE: _____

EMPLOYEE SIGNATURE:

LEARN MORE WAYS TO KEEP YOUR WORKPLACE SAFE.
VISIT safeatwork.mo.gov.

