

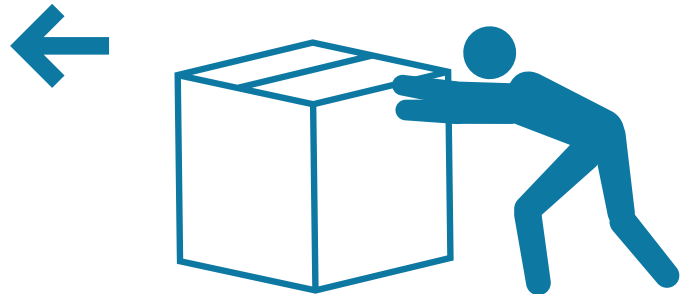


## PUSHING OR PULLING

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.

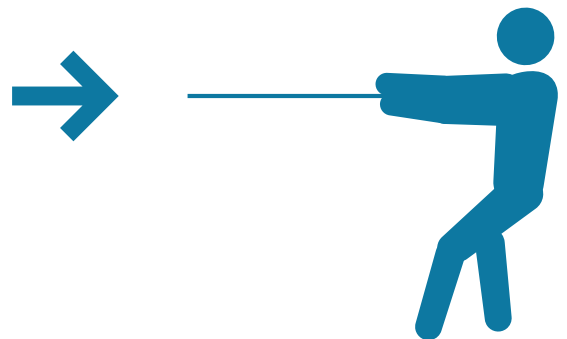
### WHILE PUSHING:

- 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



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

**COMPANY:** \_\_\_\_\_  
**EMPLOYEE NAME:**

**DATE:** \_\_\_\_\_  
**EMPLOYEE SIGNATURE:**

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