



# Brainstorm Ergonomic Solutions Tool

Ideas to make pushing and pulling safer

## PROCESS

Do we need to push or pull this item?

Is there an unnecessary step in the process that requires pushing or pulling?

Can you avoid pushing or pulling the same object more than once?

## OBJECT

Can you make the object lighter?

## WORKSPACE

Can you shorten the distance that objects are pushed or pulled?

Can you clear the path so that workers don't need to push or pull over obstacles, up ramps, or make frequent turns?

Does the floor have a hard surface with good traction?

If you are sliding an object, can you slide it over slicker surfaces?

## TOOLS

Can you use a powered device to move objects?

Can you use a lighter device to move objects?

Can you use larger diameter wheels?

Do you keep pneumatic tires inflated to the recommended pressure?

Do you have a maintenance program for wheels and casters?

Can you use vertical handles instead of horizontal ("shopping cart") handles so that workers of different heights can all grip at a comfortable position?

Are fixed height, horizontal handles at waist height (about 37 inches high) for most workers?

## HUMAN

Can you stack less on a cart or hand truck so you can see where you are going?

Do workers take the time to inspect material handling equipment before use?

Are employees trained on safely using manual material handling equipment?

## MOVEMENT

Can you line the wheels up in the direction of travel before loading the cart?

Can you push instead of pull?

Do workers have the time to accelerate carts smoothly and move them at a walking pace?

## TIME

Can you rotate workers to jobs that don't require pushing or pulling?

Can you break up pushing and pulling tasks so that they're spread out over a shift with some recovery time in between?