

## Back Safety: Pushing Carts



Correct

Pushing a cart or dolly is part of everyone's job at some point. Here are a few things to remember in order to reduce your risk for back injuries:

- **Pushing is safer than pulling!** Never drag a cart behind you. It forces your back into a twisted position which places you at risk for an injury. Always **push** a cart with two hands!



Incorrect

- **Keep your elbows close to your sides when pushing!** When your arms are close to your sides, it helps to protect the back and allows you to use more of your legs to move the cart around.



Incorrect



Correct

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