

# TOOL BOX TALKS

## Two-Wheel Hand Trucks

Two-wheel hand trucks are great for moving just about anything. Whenever furniture, boxes, books or components must be moved, a two-wheel truck really does help reduce the load on the back and shoulders. But, two-hand trucks can produce hazards for the users. One issue with two-wheel trucks is that the load must still be lowered down to the toe plate at ground level. After the load is delivered, it must be lifted again. Review these hand truck safety tips!

### WORKSAFE TIPS

#### PERSONAL PROTECTIVE EQUIPMENT

- Gloves that increase ability to grip cases.
- Footwear with protective toe and midsole.

#### BEST PRACTICES

- For large quantity loads provide a four-wheel platform-style cart or a two-wheel hand truck that converts to a four-wheel platform-style truck.
- This will minimize bending the torso.
- Use a two-wheel truck with an adjustable toe plate – adjust the toe plate to approximately knee height to minimize torso bending.

#### INCLINES

- When pushing up an incline the employee frequently has to lower the angle of the load to generate enough force to push the load up the slope.
- Lowering the load angle increases the amount of weight the employee must lift. In addition to providing force in a horizontal direction, the employee must now provide force in a vertical direction.
- This places additional stress on the shoulders, back and legs.
- Provide a fold down third wheel on the back of the hand truck so the load can be self supporting.
- This ensures that the employee must only provide force in a horizontal direction.

#### CURBS AND STAIRS

- Employees who deliver to locations without docks must pull fully loaded hand trucks over uneven walking surfaces, up and over curbs and up stairways.
- Provide and use curb ramps.
- Curb ramps allow for easy movement over uneven walking surfaces eliminating the need to lift and pull fully loaded hand trucks.
- Use trucks that have several doors on the side so loads can be accessed by means other than the back door.
- A short ramp from a side door could eliminate pulling the hand cart up steps and curbs.

#### MAINTENANCE

- A poorly maintained hand truck will greatly increase physical stress on an employee.
- When hand truck tires are under or unevenly pressurized, the employee's arms, back, and legs must provide more force to move the hand truck.
- Keep balloon tires in good repair and properly inflated.
- Check tire pressure on a quarterly basis or more often if needed.
- Make available to the employees a pressure gauge, air compressor, and pressure hose.
- Hard rubber tires do not have the air pressure problems associated with balloon tires.
- However, hard rubber tires do not move very well over rough terrain.



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