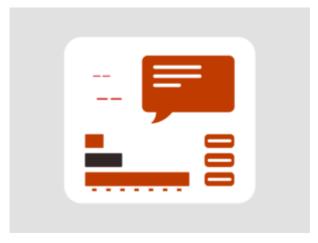
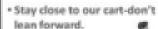
## Cart Safety Infographic

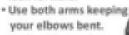


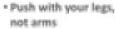




Normally HR would tell us not to be pushy Just Say NO but when it comes to our equipment...push away! You can PUSH TWICE AS MUCH as you can pull. And pushing is much safer.







Keep your back straight.

## To Pulling

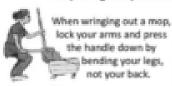
NEVER pull carts or heavy loads, especially with your back turned.



🐔 can run up on you and you can seriously injure your back muscles.

## PUSHING FLOOR SAFET

Hold handle upright Mop in a figure 8 Use your legs not your back





VACUUMING Don't push & Pull vacuums Vacuum by walking lines



Remove a leg of the triangle and prevent injuries.

## The Ergonomic Triangle

Pulling carts can put strain on your arms, shoulders, neck and back. These can lead to ergonomic injuries based on force pulling, your posture (twisting your body) and how often you do it.