



## Safety Tips for Pallet Jack Operators

- Only use a pallet jack if you are trained to operate one
- Always inspect the equipment before using it
- Never exceed a pallet jack's load capacity
- Never move a load that is unstable as this can cause a serious injury to you or to others. When possible, product stacked on pallets should be secured using plastic wrap
- Never move a double pallet stack that can be moved safer with a forklift
- Inspect the floor for ruts, bumps and other imperfections
- Never place your feet under a pallet jack
- It is normally better to push a pallet jack than to pull it
- Stick to correct traffic lanes, and be alert to avoid collisions around blind corners
- Use proper lifting techniques when loading and unloading pallets
- When your view is obstructed, have another employee help you guide the load
- Don't use a pallet jack for human transportation
- Be aware of pinch point hazards to your hands when moving loads
- Pallets should be kept in good condition. Damaged pallets should be repaired or removed from service
- Use protective gloves when handling pallets



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