

# Cart Safety Infographic



## SAFETY REVIEW

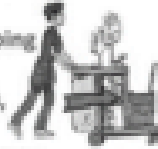
### PUSHING SAFETY



Normally HR would tell us not to be pushy but when it comes to our equipment...push away! You can **PUSH TWICE AS MUCH** as you can pull. And pushing is much safer.

**PUSH**

- Stay close to our cart—don't lean forward.
- Use both arms keeping your elbows bent.
- Push with your legs, not arms
- Keep your back straight.



### Just Say NO To Pulling

**NEVER** pull carts or heavy loads, especially with your back turned. The cart can run up on you and you can seriously injure your back muscles.



## PUSHING FLOOR SAFETY



### MOPPING

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

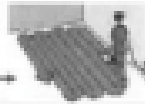


When wringing out a mop, lock your arms and press the handle down by bending your legs, not your back.

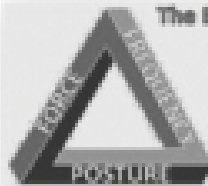


### VACUUMING

Don't push & Pull vacuums  
Vacuum by walking lines



### The Ergonomic Triangle



Remove a leg of the triangle and prevent injuries.

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.