

**PALLET JACK  
(Electric/Manual) &  
PALLET HANDLING**

Safe Work Procedure

Safe Work Procedure		PALLET JACK (Electric/Manual) & PALLET HANDLING	
Department / Area: Plant Operations	Approved By: Program Lead Plant Operations	Date Created: February 28, 2014	Review / Revised date:
<b>Potential Hazards:</b> Fill in those that apply H M L risk for injury <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Awkward / sustained postures – bending, twisting <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Forceful exertions – lifting heavy pallets <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> Sharp points / edges – rough or splintered wood <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> Pinch points – jamming fingers or toes <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> Chemical - battery		<b>Personal protective equipment / devices required / other safety considerations</b>  -Gloves to protect against cuts, slivers, pinches when handling pallets is recommended -Appropriate closed toe footwear  <b>Training / Reference information</b>  -Module 1 SCHIPP Orientation -Department Orientation	
<p align="center"><b>Note:</b> Signs and symptoms of a musculoskeletal injury (MSI) can include pain, burning, swelling, stiffness, numbness/tingling, and/or loss of movement or strength in a body part. Report these to your supervisor.</p>			
<p align="center"><b>Employers must ensure that workers are trained and follow this safe work procedure</b></p> <p align="center"><b>Steps to perform this task safely:</b></p> <p><b><u>Pallet Jack Operation</u></b>            -Push jack with back straight, knees bent pushing with legs and elbows at sides.            -Seek assistance when jack is too difficult to push. Ensure load is secured.  <b>-If moving jack down a slope/ ramp bring it backwards, have one worker on the handles and the second worker beside but holding the jack.???????</b></p> <p><b><u>Pallet Stacking</u></b>            -Pallets should be stacked flat in most situations.            - Pallets that will be manually removed from a pile are to be stacked no more than 8 pallets high.            - Any stack over 8 pallets high requires a lift to remove a pallet.            - Pallets being removed from a pile 8 high or less are to be removed in the following manner:            1. Slowly push the pallet away from you or pull it toward you over the pallet beneath it            2. Continue sliding the pallet while tilting the side that is furthest off the pallet toward the ground            3. Keep your hands and feet away from pinch points and when bending over, maintain a wide stance, bend your knees and hips and keep your back straight.            4. Once the pallet touches the ground, tilt up the other side, move behind it and slide it to where it is required.            5. Lower the side of the pallet toward you till it is on the ground. Use proper lifting procedure as above.</p> <p>-No pallet should be lifted off the ground by one worker. If a pallet has to be lifted manually a minimum of 2 workers are required. To lift a pallet with 2 workers, each on opposite ends and bend their knees and hips to reach the pallet. Each worker grasps a pallet cross brace with both hands. On a designated count by one worker, both workers lift the pallet by pushing through the legs while keeping their backs as straight as possible and shoulders neutral. Do not twist your body when carrying a pallet. Take small steps to turn.</p>			