

# Loading and Unloading Pallets

## Manufacturing

Many loads placed on or removed from pallets are very heavy. Weights upwards of 80 to 100 pounds are not uncommon. Daily heavy lifting damages the spine. Please review the following safety tips with your employees.

### Tool Box Tips

- Since pallets are only six inches in height, employees must lift heavy loads that are low to the ground. This is a significant problem since the heaviest product is usually in the shortest stacks.
- Low racking can force employees to stoop and bend at the waist to access loads.
- Loads in bottom bins will require torso bending and stooping to reach packages under the rack, when the pallet stack quantity is lowered.
- Never stand on or work while standing on a pallet.
- Keep the load close to the body and walk around pallets—do not reach over them.
- Stack extra empty pallets on the pallet jack to elevate the bottom of the load.
- Raise the bottom level of racking so loads are at heights where torso bending is not necessary.



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