

Using Wheelbarrows Safely

Wheelbarrows don't have any motorized parts or sharp edges and are simple to use. But wheelbarrows have caused some serious injuries. Anytime you balance a heavy load on a single wheel, you have to pay attention to what you're doing.

Because there's no top to a wheelbarrow, some workers may think they can keep loading it as long as the material doesn't fall out. But overloading a wheelbarrow is a sure way to lose control of it. Use the following tips to stay safe while using a wheelbarrow:



-  Only put in a wheelbarrow the amount of weight you can physically handle on a hill or when turning a corner.
-  Make several trips for large loads.
-  When you raise and lower the handles of a wheelbarrow, treat them like any other heavy load you lift. Keep your back straight and bend your knees.
-  Balance your load over the wheel for good control.
-  Keep your speed under control.
-  Keep a tight grip on the handles.
-  If you lose control of a wheelbarrow, let go of the handles and shout a warning to others.
-  Avoid trying to move such things as planks with a wheelbarrow. Use a hand truck for long or awkward loads.
-  Keep wheelbarrows properly lubricated for easier use.
-  Store wheelbarrows out of the way of aisles and stairways and away from emergency equipment.