

## Powered Industrial Truck (PIT) Safety

Avoid the pain.

Pallet jacks come in handy for moving mail containers. However, improper use of pallet jacks can lead to injury, including back or shoulder strains and falls.

Here are some tips on how to use them safely.

- Center the forks evenly under the load and make sure the load is stable.
- Park the pallet truck out of traffic areas in a safe, level place.
- Make sure the forks of parked pallet jacks don't stick out into an aisle where someone could trip.
- Hand pallet jacks don't have brakes so operate at a controllable speed.
- If a pallet jack becomes stuck while you're using it, try to identify the obstruction and remove it. Work the jack from side to side to free it.
- Trying to "muscle" pallet jacks could cause you to lose balance, traction or grip, resulting in back and shoulder strains or falls. Jerking the handle increases the risk of injury.

And that's smart safety.

For additional information or guidance, contact your safety office.