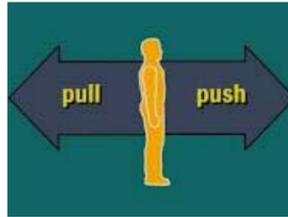


STOP & THINK

Week 22 – Pushing & Pulling



As designers we may be specifying in ALM schedules, and capturing in Design Hazard Registers, the use of trolleys to push or pull plant (eg. pumps) across site for maintenance activities. The aim of this approach is to minimise manual handling requirements and associated health and safety risks. However, looking at the HSE website there are some interesting [statistics on pushing and pulling from RIDDOR](#), which highlight the importance of eliminating or reducing pushing and pulling risk factors:

- **11% of manual handling** - related RIDDOR accidents investigated by HSE **involved pushing and pulling**.
- **12% more accidents involved pulling than pushing** (where the activity could be identified within the reports).
- **61%** of accidents involved pushing and pulling **objects** that were **not supported on wheels** (e.g. bales, desks etc.)
- **35%** of pushing and pulling accidents **involved wheeled objects**.

What is pushing and pulling? [HSE](#) outlines “Pushing and pulling of loads is a way to avoid manual lifting and carrying of objects such as by putting the load on a trolley... Although you may think that the [Manual Handling Operations Regulations](#) only apply to the lifting, lowering and carrying of loads, they also [apply to pushing and pulling](#). This "pushing and pulling" guide should help you comply with the regulations.”. The [HSE](#) suggests a way to remember considering associated pushing and pulling risk factors:

Task Individual Load Environment

Here are some for your consideration (I’m sure you can think of more):

T ask	<ul style="list-style-type: none">• Steep slopes and rough surfaces can increase the amount of force required to push/pull a load• Obstacles can create risks by the worker trying to avoid collision
I NDIVIDUAL	<ul style="list-style-type: none">• Workers may have different characteristics and capabilities. For example, a tall worker may have to adopt an awkward posture to push a trolley with low handles, while a shorter worker may have difficulty seeing over the load
L OAD	<ul style="list-style-type: none">• Consider the weight of the load and the weight of the equipment being used by the worker• Ensure the load is not excessive and that it is sufficiently stable for negotiating and slopes, corners or rough surfaces that may be encountered
E NVIRONMENT	<ul style="list-style-type: none">• Floor surfaces that are clean and dry can help reduce the force needed to move a load• Maintaining an even walkway

Capturing how we have considered risks in the Design Hazard Register is key in demonstrating how they have either been eliminated or reduced to as low as is reasonably practicable to ensure compliance with the regulations. Take a moment to review the guidance offered on the HSE website (links above or www.hse.gov.uk/msd/pushpull/index.htm).

A question or two to get you thinking!

Have you considered associated risks before specifying a trolley ?
If so did you capture how you have considered the risks in the Design Hazard Register ?