

Roll it



Carrying can be hard on your arms and back.



Carts, hand trucks, or conveyors make the move easy.



Safety meeting talking points

- Slide, push, or roll instead of carrying.
- Use equipment to move things when:
 - The load feels heavy to you.
 - The load is unbalanced, unstable or slippery.
 - It's too bulky to get close to you, or you don't want to get close to it (because it's dirty, sharp or hot).
 - It's hard to get a grip on it.
 - You have to carry it a long way or hold it more than a minute or two.
- Plan your route ahead of time.
- Make sure you have a clear view of the path.
- Keep loads on carts manageable; if it's hard to get rolling, then reduce the load or check the wheels.

Discussion question

- Is there anything that you carry that should be rolled instead?