

TIP SHEET

A series of health and safety tips to prevent work-related injuries in the trucking industry



Keep Your Pallet Jack On Track



Watch your toes! Pallet jack wheels can easily crush them.

Manual pallet jacks are common equipment that truck drivers and material handlers use to lift, lower and move heavy freight between trailers and loading docks. Though operating a pallet jack is easy and requires no special training, injuries can still result from equipment failure, hazardous surroundings, and not following safety rules. As for all equipment, inspect your pallet jack before each use to make sure it's in good condition. Look for uneven floor surfaces, damaged dock plates, and open dock edges that can destabilize your pallet's load or end in a painful fall. Always stick to the rules of safe equipment use to avoid injuring yourself and co-workers while using a pallet jack. These and the other listed tips can help you avoid pallet jack mishaps at work.

TIPS TO LIVE BY

Before Use

- Inspect pallet jack forks, tires, and hydraulic piston for any damage before use.
- Never place your feet or hands under pallet jack forks and wheels.
- Make sure load is properly stacked and secured.
- Never move a pallet jack without a full grip on the handle.

During Use

- Whenever possible, push the jack instead of pulling it.
- Always keep a clear view of travel and stay in your lane.
- Never travel into a position that may pin someone between the pallet jack and other object or structure.
- Never allow anyone to stand, ride, or be lifted on forks.
- Always lower the forks when parking the pallet jack.

Safe Surroundings

- Close doors or install security gates or barriers to prevent falls from loading docks.
- Add a warning track of yellow paint on the floor near loading dock openings.



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KeepTruckingSafe.org

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