

# TIP SHEET

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



## TIPS TO LIVE BY

## Is that Pallet Safe to Move?

### Hazard



#### Unsecured, Unstable Load

*Material that is not secured properly on a pallet for transport can shift and strike a worker, causing serious injury.*

### Solution



#### Securely Wrapped

*Secure pallet loads with shrink-wrap or other strapping material before moving to reduce the chance of a worker getting injured.*

- Use pallets that are sturdy and the right size.
- Stack load evenly, keeping the largest and heaviest items on the bottom.
- Shrink-wrap or strap the pallet using proper securement methods.
- Don't try to catch falling cargo or boxes.
- Center forks evenly under the load for good balance.
- Keep forks lowered for stability and visibility while traveling.
- Avoid bumps to prevent cargo shift or a tip over.
- Keep bystanders away from forklifts.
- Watch your speed, especially while turning.
- Leave plenty of room for pedestrians

Back strains from being struck by boxes or cartons are the most common workers' compensation claims related to getting struck by objects. These injuries can happen at any time during the load/unload process, including during forklift transport or from cargo shift when opening a trailer. Safely secure your load before moving it with a forklift, pallet jacks or other equipment.



Washington State Department of  
Labor & Industries

TIRES is a project of the Safety & Health Assessment & Research for Prevention (SHARP) program of the Washington State Department of Labor & Industries. TIRES is supported in part by CDC/NIOSH grant# U60 OH008487. For more information and free training resources visit

[KeepTruckingSafe.org](http://KeepTruckingSafe.org)

SHARP Report No.: 90-21-2019