

Warehouse Working and Handling Safety



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By Team Safesite



Warehouse Risks

Warehouse work can result in a variety of musculoskeletal injuries and pains from repetitive motion, standing in one position, or working overtime.

Other injuries and even death can result from falls and collisions with powered equipment or other workers. In addition, order pickers/handlers may be exposed to hazardous chemicals.

In This Meeting

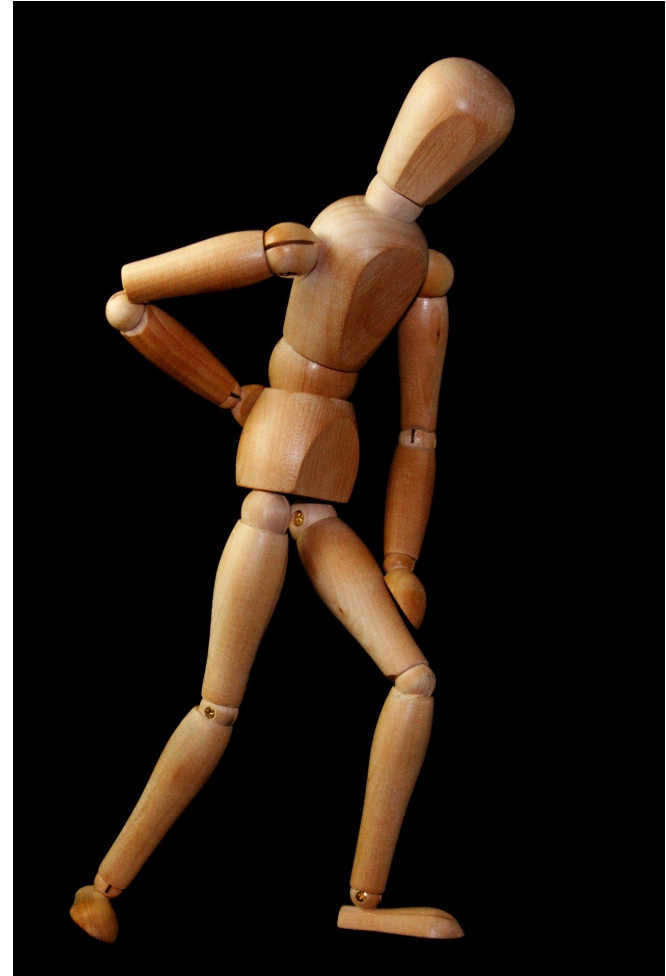
This warehouse working and picking safety meeting covers warehouse safety basics.

- **Picking & Lifting Safety**
- **Working Around
Powered Trucks**
- **Aisle and Traffic Safety**
- **Ergonomics**

Warehouse Working and Handling Hazards

Warehouse work can expose you to stressful postures and repetitive motion. Warehouse risks include:

- Strains and sprains from lifting loads improperly or from carrying loads that are either too large or too heavy.
- Fractures and bruises caused by being struck by materials or by being caught in pinch points
- Cuts and bruises caused by falling materials that have been improperly stored or by incorrectly cutting ties or other securing devices.



**The fatal injury
rate for the
warehousing
industry is
higher than the
national
average
for all
industries.**

5.1

True Stories



What ergonomics-related stress have you experienced?

Picking By Hand: High Products

Consider using stock-picking carts with ladders attached to avoid lifting objects from above the head.

When you are 10ft. (3m.) or more above the floor, use fall protection.

Follow your workplace's ladder safety policies.



[Photo Source](#)


Picking By Hand: High Products

To put small, light items close to the edge, use pick sticks or hooks.

To reach high product, use only stock-picking carts or platforms or cages that comply with the regulations – **do not climb the racks or use the forks of a lift truck as a platform.**



Picking By Hand: Low Products



Make sure that heavy product is raised off the floor to a good picking height (use racking or skids).

Put pallets on rotating turntables or use skids with wheels.

To reduce reaching, move lower pallets as far forward in the floor slots as possible without blocking the aisle.

Ensure there is space between pallets so that workers can step beside the pallet to minimize reaching to the back, and to avoid stepping on the pallet.

Lifting Low Products

Hazards

- Muscle strain or injury to back or shoulders
- Injury to your fingers and toes due to pinches/drops



[Image source](#)

Before You Lift

Protect your hands and feet with CSA-approved **safety shoes and gloves.**

Warm up and stretch your muscles before lifting.

Reduce lifting by hand as much as possible. Use mechanical aids or request help to lift heavy or bulky items.

Read the product weight before lifting.

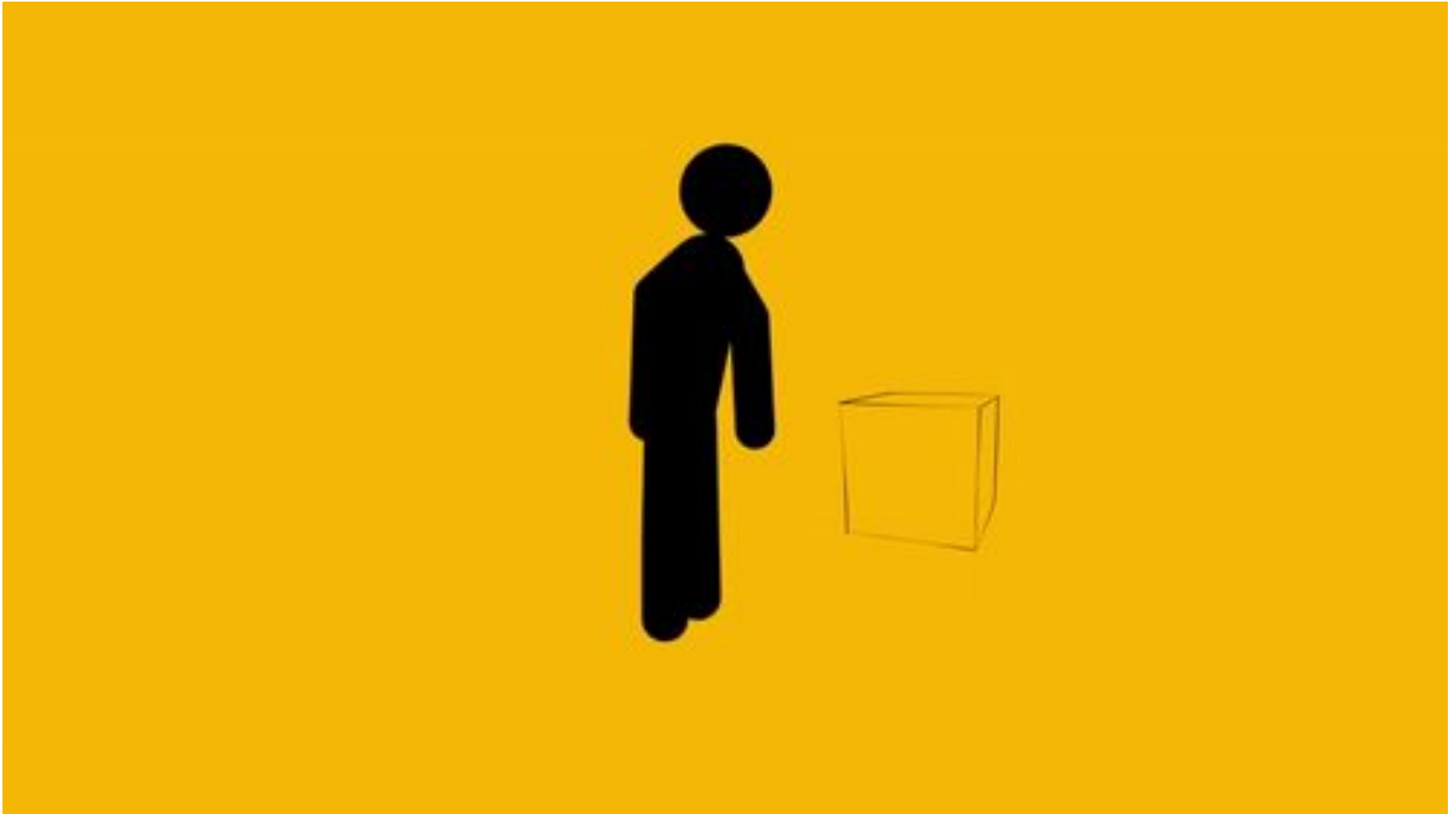


Lift Properly

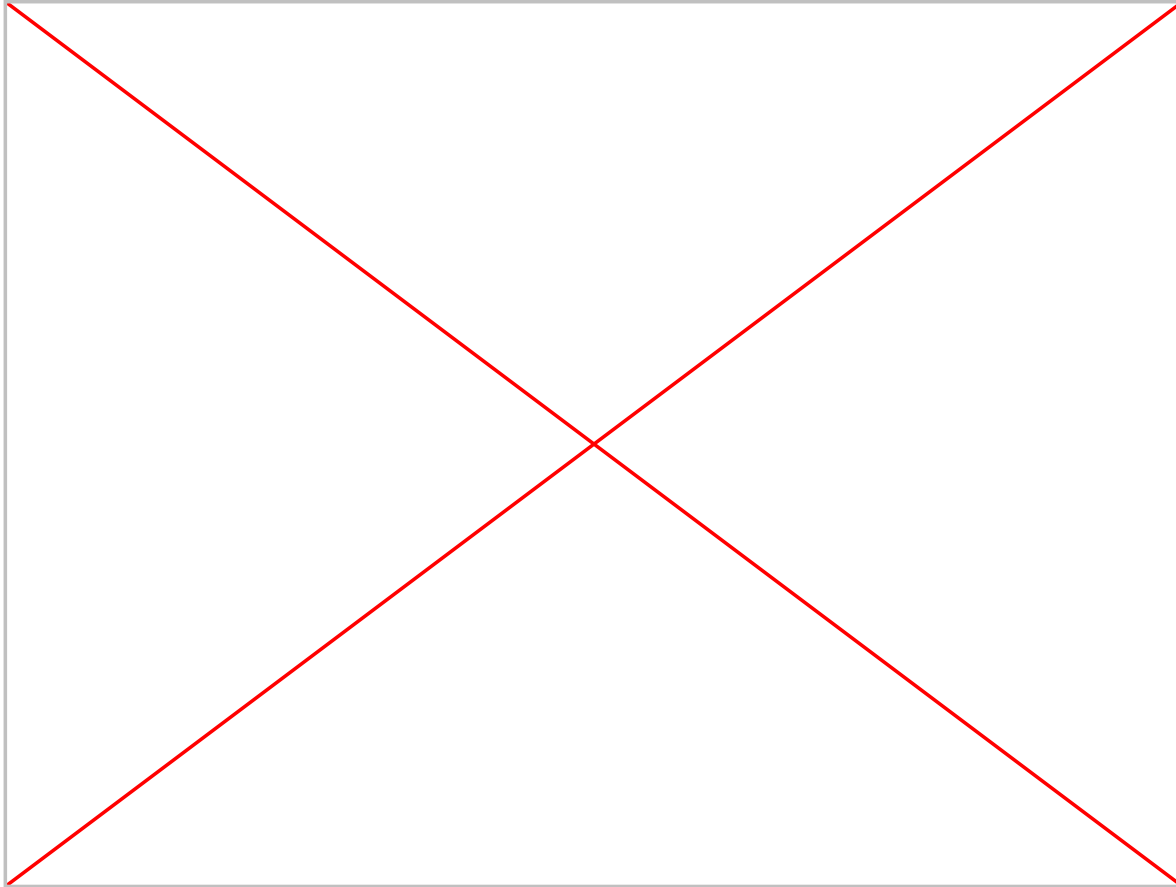
While You Are Lifting:

- Get a firm grip on the load and **keep it close to your body**.
- **Face the direction you will be moving** to avoid twisting.
- **Do not twist** or turn your body while you are lifting.
- To **avoid reaching** while you are lifting, pick the cases from the front of the pallet and then have a forklift turn the pallet to unload the remainder.
- When you have to put your load on a flat surface, make sure that there are **blocks or shims** so that your fingers will not be pinched.

Lift Properly



Lift Properly



[Image source](#)

Picking By Hand: At All Times

If possible, use mechanical devices to lift heavy items. **Don't try to save time by picking too many items at once.**

To avoid reaching to the back of pallets, use a turntable or have a forklift turn pallets when half the product has been removed.

Consider labeling heavy items or printing carton weight on the product label.



Stacking Safety

Always abide by our stacking rules, as demonstrated during orientation.

See also: Stacking Safety Meeting on [Safesite](#)



Pallet Jacks & Hand Trucks

OSHA reports that from 2002-2016 a total of 56 major injuries occurred involving pallet jacks.

These included:

25 fractures

4 fatalities

8 amputations



Pallet Jacks & Hand Trucks

When operating pallet jacks and hand trucks:

Wear PPE to protect your hands and feet.

Racing is fun. Getting an amputation is not so fun. **Don't race or ride on pallet jacks or hand trucks.**

Never place your feet under a jack or truck platform. Be wary of pinch points between the platform and/or the handle and your load.

Always push the load, don't pull, unless going down an incline.

Go in reverse when going down an incline.

Pallet Jacks & Hand Trucks



Personal Lifts

Serious and fatal injury may occur from falls and falling products.

You must be trained and authorized to use a personal lift.

Exercise caution when walking or operating powered vehicles around a personal lift.



Forklifts

Improper use of forklifts can result in falls, falling product, and collisions with people and racking.

Only trained and authorized drivers are allowed to operate forklifts.

(See [Forklift Safety Basics](#) meeting for more Information)



Aisles & Traffic

Aisle congestion and blockage can lead to slips, trips, and falls or difficulty exiting in an emergency situation. Both scenarios could lead to serious injury.



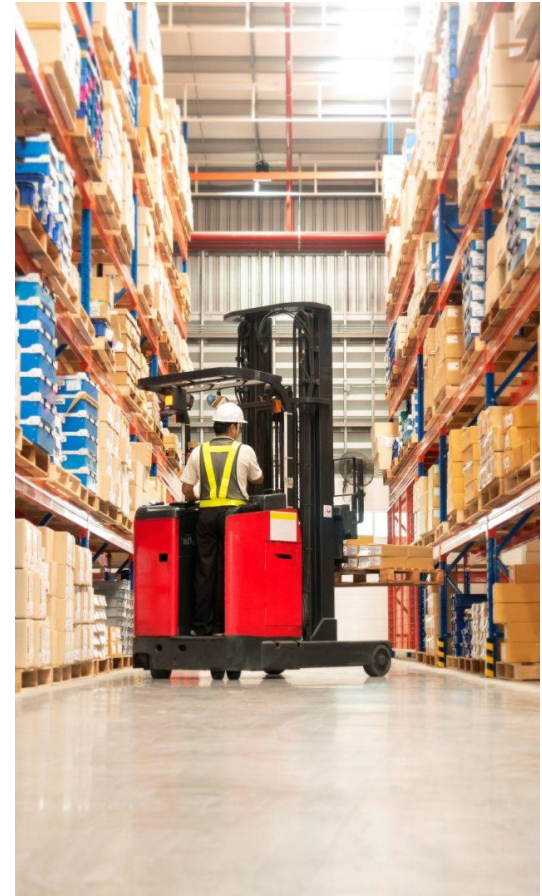
Aisles & Traffic

Consistently remove product or packaging from aisles to an appropriate storage area

Let your supervisor know about the congestion in the aisles

Suggest that your supervisor stagger the handling and stocking schedule

Let your co-workers know if you are passing (sound your horn, call out). Do not pass a load over another worker.



Aisles & Traffic: Be Alert for Drivers

Listen for forklift horns. Be watchful around intersections and high traffic areas.

Follow our traffic management rules and be aware of the signs and flashers.



Aisles & Traffic: Be Alert for Drivers

Stay outside of marked traffic routes.

Wear your high visibility vest.



Scanning, Labeling, and Standing

Standing for long periods of time can lead to tendon/muscle strain and lower back pain.

Regularly check the soles of your safety shoes for uneven wearing and have your gait assessed by a health professional, if necessary.

Wear padded shoe inserts that support your feet.

Take mini-breaks sitting down to relieve stress on your leg muscles or rotate through tasks that use different muscle groups during a shift.



Scanning, Labeling, and Standing

Repeated scanning puts stress on your wrist and elbow.

Use provided waste or mobile scanners, if available.

Be aware of your posture.



Digitize Your Safety Workflow

Safesite is a FREE, easy to use digital safety management tool.

Get started with safety inspections, audits, and checklists in seconds.

