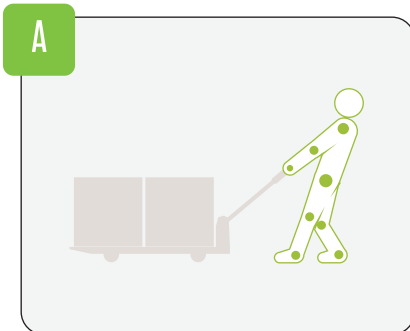


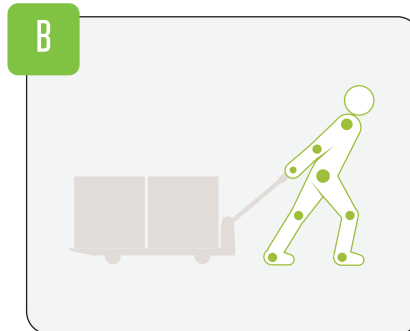


# When using a pallet truck

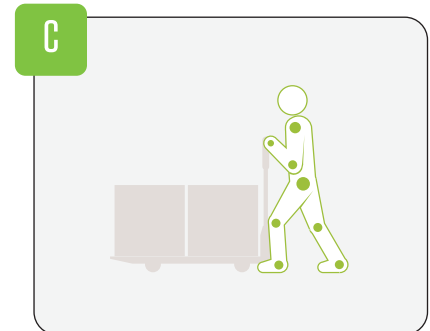
Moving loaded pallets requires the use of technical aids. Here you will find good advice on how to best move pallets using a pallet truck.



Pull to get the pallet rolling, keep your back straight and your arms stretched.



When the pallet truck is in motion, turn around and pull the pallet behind you.



Stop by pushing the handle in upright position and use your body to push back – or lower the pallet.



Stand with slightly bent knees – put one foot slightly in front of the other.



Keep your arms stretched, lean backwards and push back with your legs.



Stop by turning around and putting one foot in front of the other. Put the handle upright and push back.

## Technical aids



An electronic catalogue of technical aids.

[www.teknisk-udstyr.dk](http://www.teknisk-udstyr.dk)

## Remember!

- ▶ Use both hands to pull – keep your back straight and arms stretched.
- ▶ Use your body weight and thigh muscles to get the pallet rolling.
- ▶ Roll at a steady pace and avoid frequent braking.
- ▶ Pushing and pulling at a steady pace is better.
- ▶ Stop and push by keeping the handle upright and close to your body. Put one foot in front of the other while using your body to push back.
- ▶ If the pallet feels heavy, use motorised equipment to transport it.