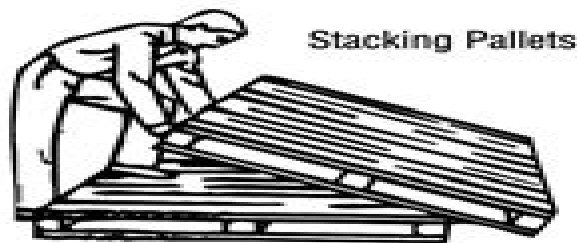


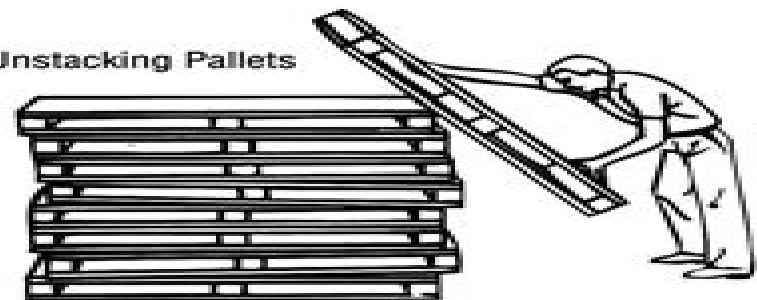
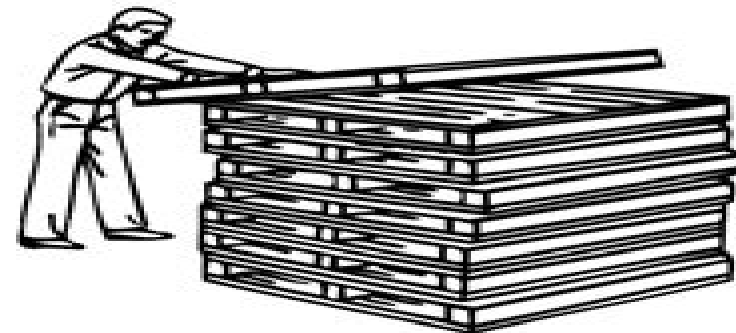
# Safe Manual Handling of Pallets



Stacking Pallets



Unstacking Pallets



Wooden pallets weight between 23-45kg.

The hazards of pallet handling inclue wood splinters, hitting the hands, feet and lower leg together with back and shoulder strain.

Pallets are normally taken from the stack by sliding. The higher the stack, the greater the likelihood of injury.

**Whenever the pallets are stacked and unstacked, if possible, a forklift should be used.**

If this is not possible then 2 people should move the pallet particularly when stacking.

The following guidelines should be followed for the handling of pallets:

- ☒ Individuals should not stack pallets more than 6ft high.
- ☒ Individuals should not unstack pallets from stacks greater than 8 pallets high.
- ☒ If a 2nd person is available, pallets can be stacked and unstacked to 8 high.
- ☒ Pallets should always be placed right side up and the wood grain aligned for easy sliding.
- ☒ Maintain control of the pallet all through the handling and be aware of possible hand injuries through splinters.

# Osha Manual Pallet Jack Regulations

**Matt Stinchfield**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the name bar.

## **Osha Manual Pallet Jack Regulations:**

## Unveiling the Power of Verbal Art: An Mental Sojourn through **Osha Manual Pallet Jack Regulations**

In a global inundated with screens and the cacophony of fast transmission, the profound energy and mental resonance of verbal artistry usually fade into obscurity, eclipsed by the regular onslaught of sound and distractions. However, located within the musical pages of **Osha Manual Pallet Jack Regulations**, a interesting work of fictional splendor that pulses with fresh emotions, lies an unforgettable journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, that interesting opus books readers on an emotional odyssey, gently revealing the latent possible and profound affect stuck within the intricate web of language. Within the heart-wrenching expanse of the evocative examination, we will embark upon an introspective exploration of the book is main styles, dissect its captivating writing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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