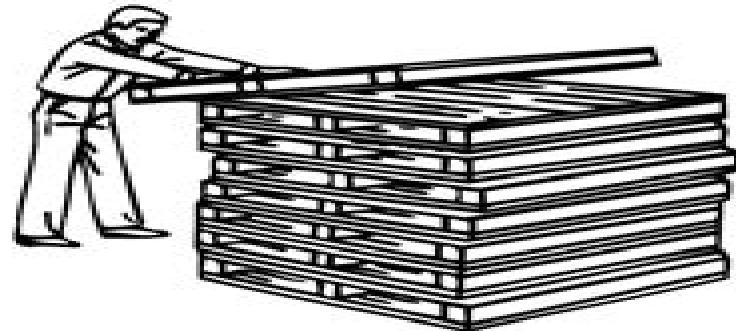


# Safe Manual Handling of Pallets



Stacking Pallets



Unstacking Pallets



Wooden pallets weight between 23-45kg.

The hazards of pallet handling include 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

**Yicheng Fang**

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

## **Osha Manual Pallet Jack Regulations** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Osha Manual Pallet Jack Regulations**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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