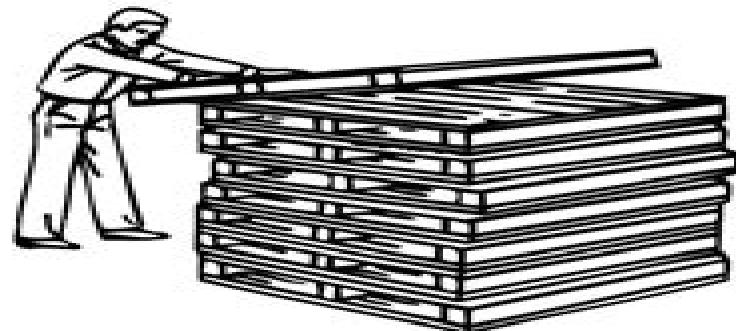


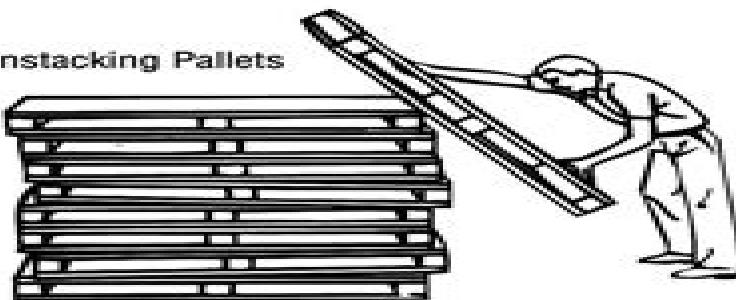
Safe Manual Handling of Pallets



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

**United States. Congress. House.
Committee on Small Business**

Osha Manual Pallet Jack Regulations:

The book delves into Osha Manual Pallet Jack Regulations. Osha Manual Pallet Jack Regulations is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Osha Manual Pallet Jack Regulations, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Osha Manual Pallet Jack Regulations
- Chapter 2: Essential Elements of Osha Manual Pallet Jack Regulations
- Chapter 3: Osha Manual Pallet Jack Regulations in Everyday Life
- Chapter 4: Osha Manual Pallet Jack Regulations in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Osha Manual Pallet Jack Regulations. This chapter will explore what Osha Manual Pallet Jack Regulations is, why Osha Manual Pallet Jack Regulations is vital, and how to effectively learn about Osha Manual Pallet Jack Regulations.

3. In chapter 2, the author will delve into the foundational concepts of Osha Manual Pallet Jack Regulations. This chapter will elucidate the essential principles that need to be understood to grasp Osha Manual Pallet Jack Regulations in its entirety.

4. In chapter 3, the author will examine the practical applications of Osha Manual Pallet Jack Regulations in daily life. This chapter will showcase real-world examples of how Osha Manual Pallet Jack Regulations can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Osha Manual Pallet Jack Regulations in specific contexts. The fourth chapter will explore how Osha Manual Pallet Jack Regulations is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Osha Manual Pallet Jack Regulations. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Osha Manual Pallet Jack Regulations.

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