

Title of Training	Wheel Barrow Safety Training	
Equipment Info.	Make/Type/Size/Model	
Material Needed	Wheel Barrow	PPE-Hard Hat-Safety Glasses-Work Boots-Work Gloves

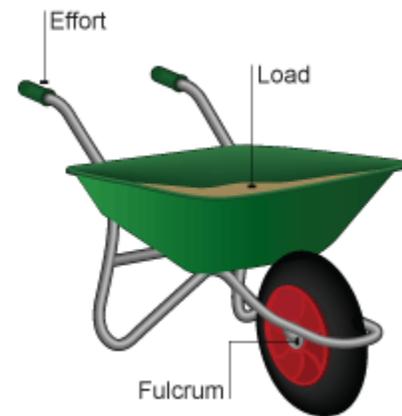
## Wheel Barrows

A wheelbarrow consists of a wheel, two handles, and a shallow open pan that allows us to move material from one place to another. A very simple piece of equipment, all it takes is a strong, person to load and move it. Whether you are on the job or at home working around the yard, the wheelbarrow can be of great help to you, but there are several things to remember in order to use a wheelbarrow correctly and safely.

First of all never overload a wheelbarrow or attempt to lift more than necessary. An out of control wheelbarrow can crush you or a fellow worker. Balance your load over the wheel. When going through doorways pay particular attention to where you place your hands. Doorways, knuckles and wheelbarrow handles don't mix. Watch for holes in the floor, they can cause you to trip.

As with any other piece of equipment you need to keep them in good repair. Replace handles when needed, check the tire for proper pressure and lubricate the front wheel as required. Never use a wheelbarrow with a flat tire -- it was not designed to roll on the wheel rim.

If the task is too large for a wheelbarrow, use a hand truck or pickup. Never take a short cut, ask your supervisor for additional help. Work gloves, hard hat and safety shoes should be part of your personal protective equipment when handling a wheelbarrow. As with any other hand tool, play it safe -- follow the rules -- wear your personal safety gear and then let the wheelbarrow do the work safely. After use, be sure to store it properly.



**ALWAYS BE SURE YOU CAN SEE THE LOAD THAT YOU'RE MOVING AND THAT YOU HAVE A CLEAR VIEW OF WHERE YOU'RE GOING.**

### 12 Steps to Wheel Barrow Safety

The wheelbarrow has come a long way in construction work from the manually propelled wheelbarrow to the engine propelled wheelbarrow for moving material on the construction site. The proper use and maintenance of wheelbarrows can prevent many accidents.

- 1) Always place the load well forward, balanced and confined in size for safety. The load should clear safely through openings, aisles and roadways. The user should be able to see over and around the load to guide it safely. The load should be secured, or held steady, against shifting or falling.
- 2) When picking up a wheelbarrow, spare your back by giving your legs their fair share of the lifting. Bend the legs for lifting instead of bending the back. Spare your back and the wheelbarrow by never overloading.
- 3) Always push a loaded wheelbarrow forward. This is the way to avoid being run over. Warn others out of the way. A walking pace is safer than running.

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Instructor Name		Date of Training	
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4) Cross over obstacles at the right angle, especially over rails or planks which may divert the wheel causing the load to spill or fall.

5) Like all other construction tools and equipment, wheelbarrows should be stored so that they do not become obstacles and safety hazards for yourself or others.

6) If your wheelbarrow is powered by a gasoline engine, remember that gasoline is a fire and explosive hazard. Remember that gasoline engines produce carbon monoxide gas which can be fatal if the area in which you are working is not well ventilated. Remember, also, that you are dealing with an engine which has more power than you do.

7) The maintenance of a wheelbarrow engine is properly the work of an authorized and qualified mechanic.

- 8) The wheelbarrow wheel or wheels should be inspected and maintained regularly. Maintain proper lubrication according to directions. Inspect tires for damage. Keep tires inflated according to directions. Keep all bolts and fittings tight and secure.
- 9) Wheelbarrow handles are for your hands. Replace handles which are split or splintered. Use handle guards to protect your knuckles from scrapes, cuts and fractures.
- 10) Accessory wheelbarrow equipment, like lines, rails and racks for securing loads, should be maintained in top condition for safety.
- 11) A wheelbarrow by itself will not harm you or anyone else. You are responsible for how well a wheelbarrow is handled, operated, maintained and stored for safety.
- 12) The precautions you use with wheelbarrows are generally the same as the precautions you and other mobile equipment.

## TRAINING-HANDS-ON

Train personnel who regularly perform manual lifting duties. Supervisors will ensure their personnel receive thorough instructions on the proper techniques to use and what PPE is required. In addition, personnel will be instructed in the use of manual lifting devices and the procedures for performing routine or high risk manual handling activities.

To the worker, wheelbarrows look deceptively easy to use. Instruct workers on their use. Seeking improvements in the methods used for accomplishing the work and eliminating manual material handling hazards; and an understanding of the stresses involved during manual handling which cause injuries are important and should also be addressed during training.

### Important Notice

*This Safety Training Topic (STT) does not necessarily cover all possible hazards associated with this equipment and should be used in conjunction with equipment manual. It is designed as a guide to be used to compliment training in the field at Brieser Construction and as a reminder to users prior to equipment use.*

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<b>EMPLOYEE NAME (Print or Type)</b>	<b>EMPLOYEE SIGNATURE</b>	<b>TRADE</b>	<b>JOB TITLE</b>
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