**TBT-Pushing Safely**

On occasion or perhaps even every day, we're called on to [push](http://safetytoolboxtopics.com/Ergonomics/pushing-safely.html) something.

Typically it's safer to push than it is to pull a load, however doing either can be dangerous to you body. Many soft tissue injuries occur because we [push](http://safetytoolboxtopics.com/Ergonomics/pushing-safely.html) or pull unsafely.

Today let's look at some techniques to use when you have to [push](http://safetytoolboxtopics.com/Ergonomics/pushing-safely.html) on something. How we [push](http://safetytoolboxtopics.com/Ergonomics/pushing-safely.html) a load is critical. We need to ensure we have good posture when we’re exerting that type of force. Most of us can develop higher [push](http://safetytoolboxtopics.com/Ergonomics/pushing-safely.html) forces by leaning our body weight into the load.

* For pushing, your hands should be between your elbow and hip.
* Square up to the load so you don’t twist your body.
* Feet spread a little with good footing.
* If you can’t [push](http://safetytoolboxtopics.com/Ergonomics/pushing-safely.html) it easily with your body weight . . . get help.