



OHSA Training Toolbox Talk #06

Wheelbarrows

When was the first time you used a wheelbarrow? Just stop and think what it would be like if we did not have wheelbarrows on the jobsite today.



A wheelbarrow is very simple piece of equipment. It consists of a wheel, two handles, and a shallow open pan that allows us to move material from one place to another. All it takes is a strong person to load and move it. A wheelbarrow can be of great help to you, but there are several things to remember in order to use a wheelbarrow correctly and safely:

- 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 tyre for proper pressure and lubricate the front wheel as required.
- Never use a wheelbarrow with a flat tyre. 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. After use, be sure to store it properly.

Always be sure you can see over the load that you're moving and that you have a clear view of where you're going.

