OCCUPATIONAL SAFETY · WAREHOUSE WORK

VITS

Loading shelves

Shelving can tip over, and a heavy box taken from high up can fall on you. **In a warehouse, 9 m high racks collapsed like dominoes along the whole aisle. One worker was killed.**

Possible consequences

Head injury · Back injury · Fracture · Crushing · Property damage

HEAVY BOX UP HIGH

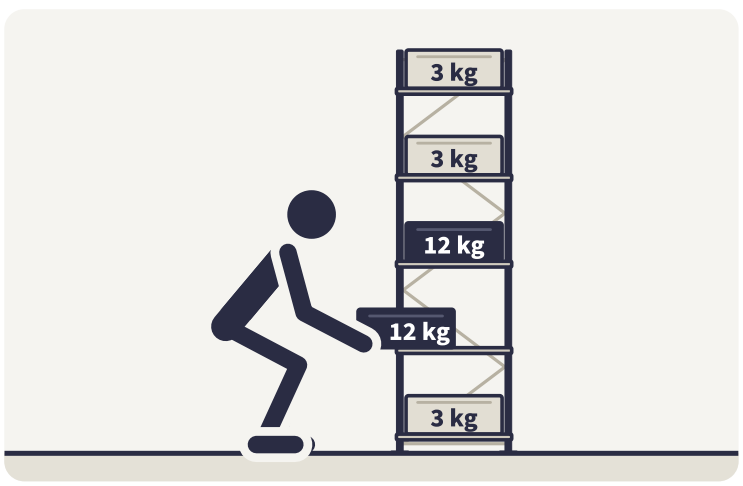
Overhead



- 12 kg box on the top shelf
- Worker lifts it overhead
- Box can fall on the worker

HEAVY MIDDLE, LIGHT TOP

Knee to waist



- Heavy boxes at knee to waist height
- Worker lifts with bent knees
- Light boxes on the top shelves

TOP-HEAVY

Tips over



- Heavy boxes on top
- Not fixed to the floor
- Whole row falls with it

If the design of work equipment does not provide enough stability to keep the user, other people and property safe, it must be firmly fixed to a base with fastenings or other means.

DO

- **Follow the load sign and spread the load evenly.**
- **Put heavy items at knee to waist height.**
- **Load from the bottom up.**
- **Above shoulders, lift up to 5 kg (women 3 kg).**
- **Use a safety step to reach high shelves.**
- **Make sure the shelving is fixed to the floor.**
- **Check that shelves are securely in place.**
- **Report damaged uprights or shelves at once.**

DON'T

- **Don't climb shelving**
  The shelving can tip over and you can fall.
- **Don't overload a shelf**
  The shelf can bend and goods fall off.
- **Don't put heavy items on the top shelves**
  They can fall on you when you take them down.
- **Don't use damaged shelving**
  A bent upright or shelf may not carry the load.
- **Don't remove shelving parts or bracing**
  The shelving weakens and can tip over.
- **Don't tilt or pull the shelving**
  It can start to move and tip over.
- **Don't load light-duty shelving with a forklift**
  A forklift can damage and weaken the shelving.

REMEMBER

Heavy in middle. Light on top. No climbing.

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