

EHS TOOLBOX TALK

Carrying Buckets Safely

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TIPS AND IMPROVEMENT IDEAS

Some jobs require lifting and carrying heavy buckets. With prolonged use, a thin handle causes significant contact pressure on the hand. To prevent injuries when carrying buckets, consider the following safe practices:

- Increase the diameter of the handle by adding padding or by attaching a thicker handle. With a thicker bucket handle, you will have greater grip strength and feel less pressure on your hand.
- Alternate hands.
- Fill the bucket considering:
 - The weight of the product. Do not overfill the bucket. Keep it light enough to carry comfortably.
 - Your physical strength
 - Carrying distance
 - Condition of the floor, such as uneven, slippery, or cluttered
 - Characteristics of the floor, such as steps or slopes
- Mark buckets with a 2/3 fill line.
- Divide the contents equally into two buckets. Carry one bucket in each hand.

Be safe today and remain a Buckeye tomorrow.