

Pushing and pulling screening tool

What can this tool help with?

This tool can help you to identify when pushing or pulling activities are low risk, or if you need to complete a more detailed risk assessment.

Pushing or pulling tasks include moving loads on wheeled equipment or moving loads that are slid, rolled, or dragged.

How do you use the screening tool?

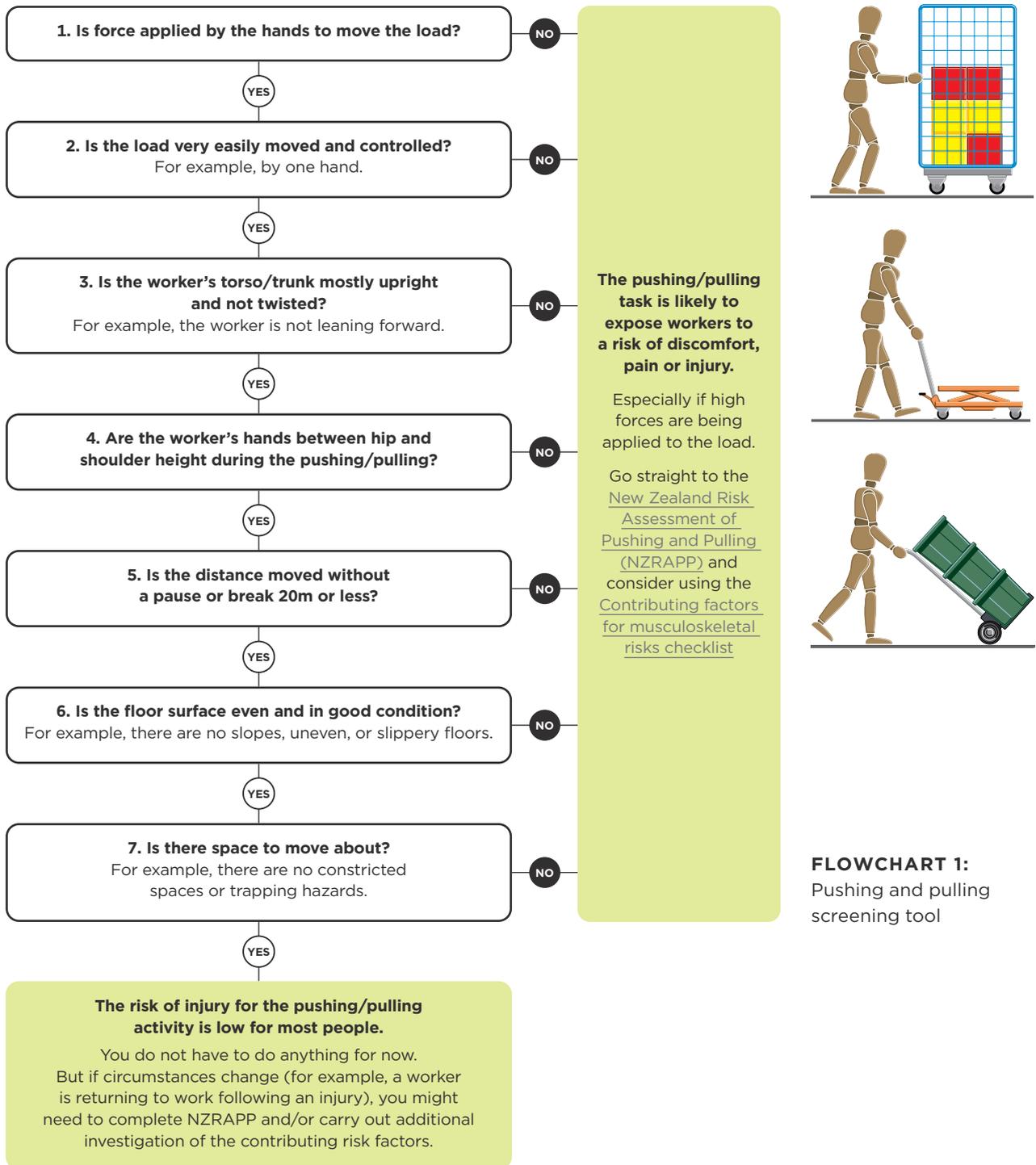
STEP 1 CONSIDER IF YOU HAVE ANY VULNERABLE WORKERS

Some vulnerable workers may be at greater risk of injury. Go straight to the New Zealand Assessment of Pushing and Pulling (NZRAPP) and/or complete additional investigation of the contributing risk factors if you have workers who:

- are new mothers, or pregnant
- are young workers
- are older workers
- are new to the job or workforce
- have a disability, significant health condition, injury, or are recovering from an injury.

STEP 2 USING THE PUSHING AND PULLING SCREENING TOOL (FLOWCHART 1)

- Watch the worker carrying out the pushing or pulling activity and compare their postures to the images shown in Flowchart 1.
- Answer the questions to see what, if any, action you need to take.



If you are unsure if any of the questions apply to the task you are assessing complete NZRAPP.