

WorkSMART Ergonomics Checklist for Carts

Check the features of the cart being used for the following task: _____

✓	Type of Cart	Recommended for
	2-wheel dolly	Good for tall items to be picked up and set down at ground level, delivery truck work, or for moving over uneven ground; not good for long distance
	Platform trolley	Suitable for large items or large volume of items (height not to block vision)
	Scissor platform cart	Offers advantage of being able to raise the platform surface to a proper height for loading and unloading while minimizing bending and lifting/lowering efforts
	Box trolley	Used for loose items that can't be stacked (e.g. linens); requires bending over side for items
	Spring-loaded cart	Raises items up as they are removed (weight sensitive) reducing bending requirements
✓	Push/Pull Force	
	Maximum initial force does not exceed 17-21 kg	
	Sustained Force does not exceed 6-12 kg	
✓	Wheel / Caster Considerations	
	Diameter	Minimum of 200 mm diameter recommended for trolley wt over 200 kg or used outdoors; 125 mm good for lighter loads; Larger wheels better for rolling over uneven, rough or outdoor surfaces. Increased diameter requires less effort to start and keep the wheel's momentum.
	Width	Narrower wheels better on hard smooth surfaces; Wider wheels required for carpet or for large gaps in flooring or terrain. The wider the wheel, the more resistant to switching directions.
	2 Swivel + 2 Locked	Good for long distance on sloped uneven floors ;Swivel wheels place at end of cart with handle
	4 Swivel	Can be moved in any direction, good for short distances or confined level spaces
	Hard Wheels	 e.g. steel or phenolic (plastic) – easier to push heavy loads on hard even surfaces but very noisy; will accumulate debris in the rolling surface (not suitable for “clean” environments); can damage floor surfaces by leaving grooves
	Medium Wheels	 e.g. polyurethane wheel with an A shore rating of 85-95, hard enough to push and pull easily, soft enough to keep noise at a minimum, and resist debris. Any softer and it becomes harder to move. Any harder and it takes on traits steel and phenolic wheels (more noise and destructive characteristics).
	Soft Wheels	e.g. rubber - good for uneven, rough or outdoor surfaces (think golf cart)
	Kingpin Casters	Best for rough applications but not good for ease.
	Kingpin-less Casters	Swivels on ball bearings for good efficiency; require preventative maintenance (greasing)
	Precision Caster	Swivels on sealed ball bearings for best performance. No preventative maintenance required.
✓	Handle Considerations	
	Horizontal handle	with height situated between waist and chest height
	Vertical handle	allowing worker to place hands at most appropriate height
Recommendations?		