

Moving Goods Safely – Loading Tips



1. Know your vehicle capacity.
2. Ensure the vehicle is in good condition & suitable for the type, size & weight of the load.
3. Check the vehicle weights & dimensions plate for max. weights allowed (applicable to vehicle including a trailer).
4. Load the vehicle within its limits.
5. Place the load against the headboard.

If not possible, use intermediate bulkheads, blocking or dunnage to fill the gap. On rigid-sided vehicles, gaps must be avoided between the load & the sides of the trailer.

6. Distribute the load evenly taking account of how the vehicle can be unloaded safely.
7. Ensure the load is stable prior to restraining it. Support any unstable loads or place them in a transport frame.
8. Place the heaviest items at the bottom with the lighter items at the top, if the load is stacked or a double deck trailer is in use.
9. Restrain the load properly to prevent it moving in any direction. The restraint equipment used will depend on the type & composition of the load.

10. Contain the load to stop it falling from the vehicle e.g. use restraints bars, side slats etc. where necessary.
11. Check the load & the load restraints regularly throughout the working day & prior to commencing a new journey. Remember loads can settle or move & restraints can loosen.
12. Never rely on curtains to secure or contain a load. Curtains are there to provide weather protection only.

For further information on Load Securing see www.hsa.ie.



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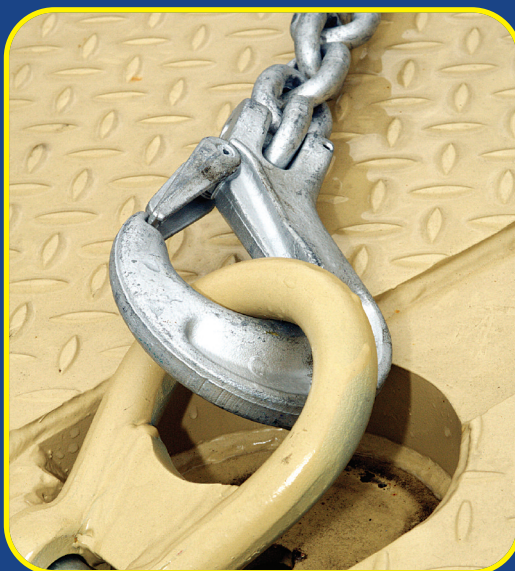
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Load Restraint Equipment

1. Check load restraint equipment for damage, wear & tear, every time you use it.
2. Check that equipment is being used, stored & maintained in accordance with manufacturer's instructions.
3. Ensure that load restraint equipment is marked to show the load it is rated for.
4. Attach load restraint equipment to the vehicle chassis or to rated attachment points.
Never attach them to rope hooks.
5. Protect webbing straps from sharp edges, use edge protectors or sleeves.
6. Never knot webbing straps.
7. Always use the same type of load restraint equipment for a specific load. Never mix webbing straps & chains for example.
8. Never use webbing straps suspended from the roof of a curtain-sided vehicle for load restraint.



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