

# PALLY



**Best  
Practice  
Handling  
Guidelines**

# A/ Carrying

01/  
Hold the Pally deck (not bearers) adjacent to the body.



02/  
Position carrying hand beneath bearer in manual handling hand hold.



# B/ Lifting and Stacking

01/  
Before lifting the Pally, address it from a square on position.



02/  
Bend knees to grip central manual handling holds



03/  
Hold Pally into body when lifting.



# C/ High Stacking

## De-stacking

Always stack the pally in pallet form.

### Standard Stacks

01. Slide the unit across the stack from the long side.

02. Manoeuvre the unit into place to ensure a positive location with the Pally beneath.

High Stacks  
(Please see below)

01/

Position dominant hand under the deck on the pedal, take the load and hold into the body.



02/

Use the other hand in one of the central hand holds to guide the Pally onto the top of the stack.



03/

Lift the Pally partially onto the stack.



04/

Position hands either side of the end of the unit and manoeuvre into place ensuring a positive location with the Pally beneath.



01/

Position hands on either side of the end of the unit and manoeuvre Pally partially off the stack.



02/

Position dominant hand on the pedal, tilt the Pally from the load and take the weight into the body.



03/

Use other hand in manual handling hole to guide Pally safely off the load.



# D/ Pushing and Pulling

2 swivel castors and 2 fixed castors are located at opposite ends of the unit.

Whilst pushing or pulling the Pally, for optimum manoeuvrability and ease of use, push and pull from the swivel end



The swivel castor end of the unit is wider and marked with FRONT on the top of the bearer.



It also features handle locations points.



The fixed castor end of the unit is thinner and marked with BACK on the top of the bearer.



# E/ Operating the pedal mechanism

THE PALLY SHOULD ONLY BE USED AS A DOLLY WHEN IT IS BEING MOVED.

WHEN STATIC, IN TRANSIT OR STORAGE THE PALLY SHOULD ALWAYS BE LEFT AS A PALLET.



## Pallet to dolly

Use toe of boot to depress pedal half way and disengage bearers.



## Dolly to pallet

Use toe of boot to depress pedal half way and reengage bearers with the ground. Once in this position push boot fully into the



pedal aperture and apply a firm depression through the pedal to transfer the load off the castors and onto the bearers.

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