Opening and Closing Roll-Up Doors

Opening Roll-Up Doors

At a Dock:

- Always maintain 3-point contact, wear proper footwear and always be mindful where you step and stand.
- Crouch or kneel to access lock.

(Or open lock prior to backing into dock.)

- Grasp handle and lift door, keeping your back straight while using large leg muscles.

- Maintain grasp on handle while guiding door to full open position.

Closing Rolling Doors

At a Dock:

- Keeping back straight, use pull strap to close door to avoid over-extending arms.
• Reposition grasp from pull strap to the door’s handle to prevent over-extending your arm.

• As door closes, guide door to closed position, keeping your back straight and using your legs.

• Crouch or kneel to secure handle and apply lock.

(Or secure lock prior to driving away from the dock.)

Opening Roll-up Doors Away From Dock:
• Facing trailer, unlatch door and push up, using large leg muscles instead of back and shoulders.

Our safety evaluations, reports and recommendations are made solely to assist your organization in reducing hazards and the potential of hazards and accidents. These recommendations were developed from conditions observed and information provided at the time of our visit. They do not attempt to identify every possible loss potential, hazard or risk, nor do they guarantee that workplace accidents will be prevented. These safety evaluations, reports and recommendations are not a substitute for ongoing, well-researched internal safety and risk management programs. This report does not warrant that the property inspected and its operations are compliant with any law, rule or regulation.
Closing Rolling Doors
Away From Dock:

- Always use 3 points of contact when accessing trailer to grasp pull strap.

- Grasp pull strap.

- Continue to maintain three points of contact as you descend trailer.

For doors that are older or hard to open and close use the following procedural steps:

- Unlatch door; keeping two hands on the door, push up on it, keeping back straight and using leg muscles.

- Maintain 3-point contact as you start to climb, pushing up on door.
• Watch where you step as you climb while pushing up on door.

• Keep a firm grip on the door until you are inside and can raise the door the rest of the way.

**Closing Door:**
• While closing door, keep a firm grip on handle; always maintain three points of contact as you climb down.

• Watch where you step and keep a firm grip on the door as you climb down.