



# The Load Restraint Improvement Toolkit

— Practical Steps to Safer, Faster Container Loading —

## 1. Identify Your Load Restraint Gaps

Use this quick checklist to see where your current processes stand. If you answer “no” to any of these, they’re great places to start improving.

✓ / X	QUESTION
	We use rated restraint gear for every load.
	We have Standard Operating Procedures (SOPs) for loading/unloading
	We photograph or digitally record each restraint setup.
	Our load plans show weight distribution and restraint points.
	We routinely train packers / drivers on Load Restraint / CoR.
	We review restraint methods after any load shift, damage, or safety incident.
	We regularly audit our re-used restraint equipment.

### **X-Pak Pro Tip:**

80% of restraint issues come from 20% of missing basics — wrong strap angles, empty voids, or unbalanced loads.

## 2. Five Quick Wins for Load Stability

### 1. Match restraint strength to cargo weight

Check strap or lashing capacity (LC) against total load mass.

### 2. Eliminate voids before closing doors

Fill gaps with dunnage bags or bracing blocks.

### 3. Prevent forward shift

Always secure against braking forces, not just sideways motion.

### 4. Use friction layers

Anti-slip mats increase friction by up to 70%, reducing slide risk.

### 5. Document and photograph

Proof of restraint = proof of compliance under CoR.

### **X-Pak Pro Tip:**

Replace timber and rope with rated lash systems and reusable, inflatable dunnage bags — safer, faster, and compliant.



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### 3. Load Restraint Planner

(Use this template for your next load — copy, reuse, or print as part of your SOPs.)

Field	Details
Load type / product description	
Total weight (kg)	
Centre of gravity / balance considerations	
Restraint equipment used	
Void-fill / friction materials	
Key restraint points	<i>(front, rear, side, vertical)</i>
Photos / digital reference	<i>QR link / file ID</i>
Checked by / date	
Supervisor sign-off	

Store a copy with your shipment file for audit readiness.

## From Compliance to Confidence

Improvement doesn't stop at the container door. **X-Pak's site audits and training programs** help teams close the gap between "compliant on paper" and "safe in motion."

- Validate equipment ratings
- Integrate packaging + restraint plans
- Refresh staff training and documentation
- Review and update your container loading SOPs
- Replace improvised restraint methods

## Need help?

Book a **free on-site load restraint review** with an X-Pak technical specialist. We'll walk through your current methods, gear, and compliance steps, providing you with practical recommendations.

**Book a Free Site Audit**



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