



If done improperly this job that can lead to unnecessary loading on the back. Because the sack must be held out in front of the worker as it is emptied, this creates a large lever arm producing unnecessary loading of the back. To avoid this situation use the Lean Bar. Accomplish this by using your last step toward the Lean Bar to kick your foot out in wide stance. Then lean against it with your thighs. Be sure to keep your knees bent slightly and do the job as usual. Back lifting can be minimized with the use of the Lean Bar.



This procedure works also from the side of the hopper. Just lean your thighs into the Lean Bar and you will feel your legs take over the lifting task from your back.

- ▶ Have workers try dumping a sack without the use of the Lean Bar and again with the Lean Bar to determine which method is easiest for them.

EMPTYING SACKS AT THE DUMP BELT WITH THE LEAN BAR