



When emptying mail sacks at the belt into a hopper the biggest obstacle to overcome is the end of the hopper. The flat edge of the hopper is almost like a car bumper, in that it keeps you from getting close to the hopper, especially when you have to lift the sack up to empty mail. A good way to overcome this is to stand at the corner of the hopper in a wide POWERLIFT<sup>®</sup> stance. When standing over the corner of the hopper you will be able to stay much closer to the mail sack as you lift and empty it. This technique works for both short and tall people because usually the height of the hopper is low enough to accommodate stepping around the corner no matter what your physical stature. One ergonomic suggestion may be to pad the sides of the hopper to protect the inside of your legs as you empty the mail sack.

## **EMPTYING SACKS AT THE BELT**