



## ORDER SELECTION— MID TO UPPER LEVEL RACKS

Picking cases from upper to mid-level racks can be made much easier if you learn to use your legs. The first thing is to face the rack in a wide POWERLIFT® stance and open up an angle to rack with your feet. The open angle gives you room to bring the case to you without crowding you out. The next thing is to let the case tip out on the edge of the rack and into your arms and hands, instead of lifting the case from the rack. Then as you turn toward the conveyor, move your feet instead of twisting your back. This way you keep the load off of your back and you will not be as tired by the end of the day!