



ORDER SELECTION—UPPER LEVEL RACKS

Picking orders from the upper rack can really be hard on your back, especially when the case tips down off the rack and into your hands and arms. To take the load off your back you need to catch the load with your legs instead. Start by facing the rack at an angle and with a wide stance. You might even have to come up onto your toes to reach the case but the important thing is, when the case begins to tip out of the rack into your hands, use your legs like a spring to catch the weight as it comes down toward you. This takes a bit of coordination but when you learn it you will definitely feel the difference of your legs taking the load vs. your back being stressed by it!