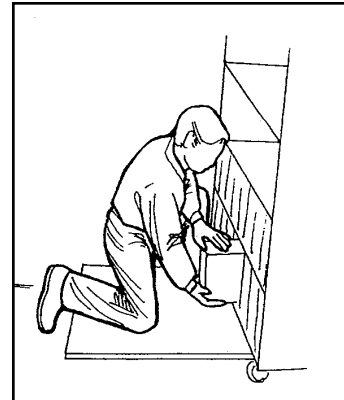


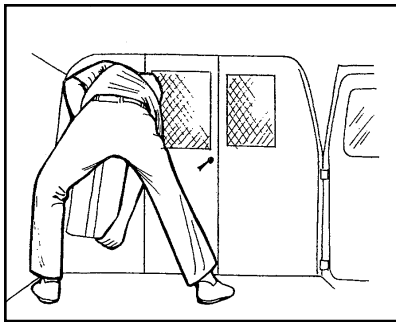
WIDE STANCE FOR TRANSFERRING TO  
MEDIUM AND HIGH SHELVES



TRIPOD FOR LOWER SHELVES  
(USE A KNEE PAD)

Repetitive bend/twist lifting is very easy to do when moving loads such as from a conveyor to a pallet or from a pallet to a shelf etc. However there is a simple method to avoid bend/twisting in this situation.

Position yourself directly in between the starting point and ending point of the transfer. Be sure you are in a very wide stance with your knees bent. This way your legs can carry you from the starting point to the ending point. The wide stance and bent knee allows your hips to absorb the bend/twist rather than your back as you do the reaching. Remember to use the Tripod position for low shelves



Be sure to spread your feet wider than shoulder distance and let your legs carry the load. This works great, especially in areas where you cannot stand upright - like the back of a van.

## TRANSFERRING THE LOAD (Wide Stance and Tripod)