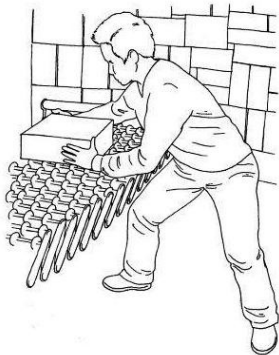




Lifting items off of a conveyor of any type can easily lead to repetitive back strain. Working your back like this will wear down the joints and discs of the low back and you will have an arthritic back to look forward to when you retire.



To keep your back out of the work, keep a wide PowerLift stance and stand at an angle to the conveyor. This way, when you reach for the item your back is not forced to bend but rather your hips can rotate to do the moving.



Be sure to pull the item all the way to you before you pick it up. Picking it up too soon just means you must work harder and it puts stress on your back.



Once the item has been pulled all the way to you, it becomes easy to lift it with your legs. Using these techniques will keep you from feeling so worn out by the end of the day and will keep your back from wearing out before your time.

WORKING THE ROLLER CONVEYOR