



ORDER SELECTION—UPPER LEVEL BINS

Look at the illustrations on the left. This is the way to wear down your back and end up with trouble. That is because as you reach up and out your back has to hold the weight of your arms plus the weight of whatever it is that you have just grasped. Instead, learn to let the roller conveyor hold you up. Using a moderately wide stance and a little bend at the knee, lean forward into the padded side of the roller conveyor. This will take all the load off your back, will not slow you down at all and you will end up feeling less tired by the end of the day!