



PUSHING TO FREE-UP BACK PRESSURE

Every so often you have to push the box back in order to relieve the back pressure on it so you can take it off the conveyor. Do this with your legs instead of your back and you won't be nearly as stressed and tired at the end of the day. As you approach the end of the conveyor, use your last step to put yourself into a wide stance. It even helps to stand at the corner of the conveyor because this puts you at a slight angle to the load, which will help your back leg to give a stronger push. Once the back pressure is off the load, you will find yourself in the perfect position to pull it from the conveyor. Work with your legs, not your back, you will feel all the better for it!