



If the load you are taking out of the BMC is within reach, you can use a simple POWERLIFT® for the job. Remember that this is a lift like any other lift and should not be done with the back but rather in wide stance.

\* Prior to loading or unloading a BMC container, ensure the hand brake is set.

## UNLOADING THE BMC

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As the load goes down past the top of the gate of the BMC, a Golfer's Bend becomes appropriate. To do a true Golfer's Bend, be sure to let one foot come off the floor so that you are pivoting on the opposite hip.



Once the load goes out of reach for a successful Golfer's Bend, the only sensible thing to do is to open the back of the BMC and step into it for the bottom parcels. Once the BMC is locked, stepping into it to reach your load is the safest and most efficient way to handle this job.

- ▶ Get your group together and problem solve lifting tasks at the BMC. Compare notes with each other about the effectiveness of POWERLIFT<sup>®</sup>, the Golfer's Bend or opening the gate. It is important to discuss with everyone the value of taking the time to open the gate and step into the BMC as opposed to the risk of injuring your back doing this job.

## UNLOADING THE BMC

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\* Always use the proper U shape lock key to keep the door up when using the walk-in door. Coins, keys, etc. are subject to falling out, and are prohibited.