



LIFTING OFF OF PALLETS

Lifting items from a pallet can lead to a tremendous amount of back lifting, simply because it is hard to get close. The side of the pallet tends to get in the way, forcing you to reach over the pallet to lift. The best way to overcome this obstacle is seen in these two illustrations. Here each worker has taken a wide stance around the corner of the pallet. That method will help you get close, then you can tip the load towards you, as you begin to lift it. Never, ever work from the side of the pallet. Always, if you can, step around the corner to stay close.