



PICKING FROM RAISED PALLETS

If you need two hands to grip the product and move it to the front of a raised pallet, do not do it with both of your feet on the ground. You need to get closer to the load so that you don't twist your back and you can do this by stepping one foot up and in-between the pallets. This will force you into using a wide stance and bending your knees, which is the best way to protect your back. Once the product has been moved to the front of the pallet you can step out and lift it again with your legs. Then as you move the load to the conveyor, use a big basketball pivot to move your feet and point you in the direction that the load has to go. This is the smart way to work and in the long run will take less time than using your back!