



## PICKING: PALLET TO CONVEYOR-1

Here is a way to move product from a pallet to the conveyor without moving your feet and just using your legs. If you are able to take a really wide stance, as seen above, the motion of reaching in to pick the box of product and then to place it on the conveyor, can be completely taken up by your hips. Your hips are made to bend and twist but your back is not. However, in order for your hips to take up all of the twisting , your stance must be wide and your knees bent. If you can ' t do it that way, you must learn to move your feet because twisting your back is the fastest way to hurt it!