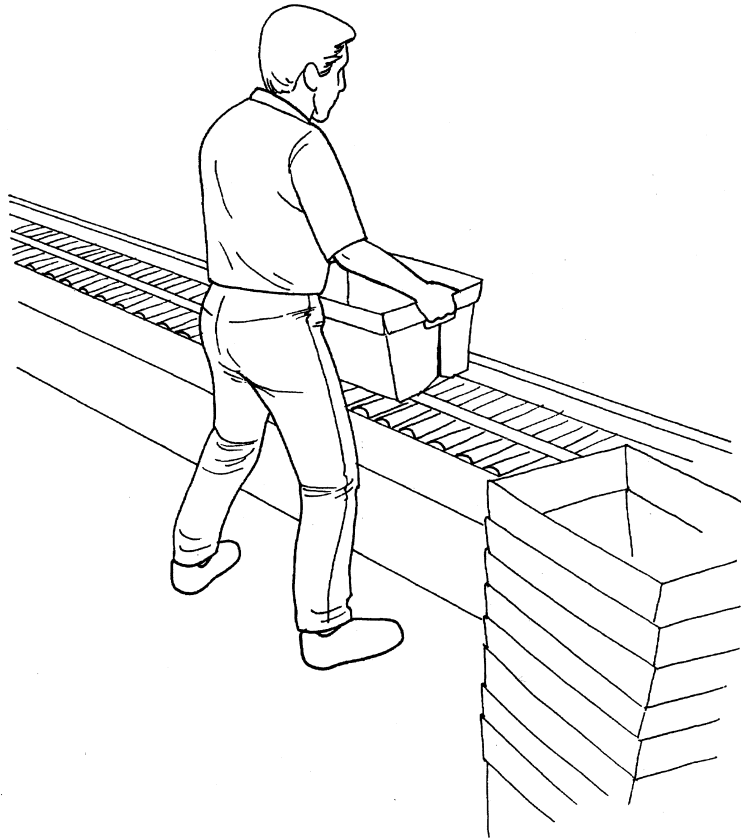


FLAT SORTING MACHINE

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The FSM, at times, requires pulling tubs. Using proper body mechanics eliminates unnecessary stress on your body. This job can be accomplished very quickly using the standard POWERLIFT[®] technique. Always stand at a 45° angle to the row of tubs with wide stance. Pull the tub so that it ends up directly between your knees, which keeps the load close. Be sure to pull the tub only with one hand, then catch the opposite handle once the tub is close to you.



Placing the tubs on the conveyor is made easier by using a wide stance POWERLIFT® move. Remember that even placing tubs on a conveyor can be tiring. Begin eliminating some of the many back lifts we do each month by placing the tub on the conveyor with your legs in wide stance, rather than with your back.

FLAT SORTING MACHINE

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