



## LIFTING BATTERIES FROM THE RACK—HIGH SHELVES

Taking batteries down from a shelf that is higher than you can be dangerous to your back if you don't use your legs for the job. You need to use your legs like shock absorbers to bear the weight of the battery as it comes down into you. To do this, always stand at an angle to the rack to open up a space for the battery to move into. Keep your stance wide and your knees ready to bend. As you tip the battery off the shelf and it comes down to you, let your knees bend so you can catch the weight with your legs. It takes just a little coordination to do this but once you learn it, you will own it. Always handle the weight with your legs!