



Opening the shelf gates of an GPMC can at times be difficult at best. If you have no choice but to put the gate down, your only real choice is whether you do it with your back or with your legs. For this job, as for any other, always stand with a wide stance, knees bent, so that your legs can absorb the shock and motion of manipulating the gate. The added strength your legs will provide can also help make the job easier.

Inoperable containers should be taken out of service and reported on Tag 4707, Out Of Order.

OPENING THE SHELF GATES OF THE GPMC

Page 1



When opening the bottom gate on the GPMC it is really easy to use your back simply because you have to bend all the way to the floor to handle the gate. It can be just as easy to use your legs if you remember to stand at a wide stance with your knees bent and allow the corner of the gate to pass between your knees as it folds down.



Once the gate is all the way down, to push it in you will find that your legs will give you added power as long as you maintain your wide stance at the corner of the gate. Another strategy would be to use a Tripod Position to tuck in the gate. Use POWERLIFT® or Tripod; whichever feels best to you.

OPENING THE SHELF GATES OF THE GPMC

Page 2