



ORDER SELECTION—LOW LEVEL RACKS

Picking cases from low racks is probably the most difficult of all situations. You can really help yourself if you use your legs in a POWERLIFT® position. The key is to step into a wide stance but at an angle to the rack. The angle gives you a space to move the case into while at the same time keeps you close to it as you lift it. As you bring the case out from under the rack, tip it so that it comes up to you and you can use the corners as handles. Then as you turn toward the roller conveyor, move your feet instead of twisting your back. This is how to work and use your legs if you want to be able to do the things you want in your off-time.