



PICKING FROM A HIGH STACK

To access a load that is up high, you might have to reach with your feet together or even up on your toes.

The secret to efficient load handling in this case, is to step one foot out into wide stance, just as the load begins to tip off the edge and move down toward you.

This way the weight of the load is held by your legs as it drops down to you. With your legs in a wide stance, and your knees bent slightly, the legs take the weight and not your back.

If the load is heavy, a great way to handle it is to let it slide down to your thigh. That way your leg carries the entire weight of the load and not your back.