



PICKING FROM THE SLIDE

This is a repetitive job that can stress your back if you don't use your legs. If you bend your back like this, keep in mind that it is not the weight of the product you are picking. Instead, it is your upper body weight that loads up your lower back. Working like this will gradually wear your low back down and you will develop an arthritic back long before your time.

To eliminate your upper body weight from the job, face the slide at an angle and bend your knees just enough to bring you down to the level of the slide. Using a wide stance makes it much easier to bend your knees. This way takes the stress off your lower back and makes the job much less tiring.