



PICKING UNDER LOW RACKS (TRIPOD LIFT)

When bringing yourself down to get under low racks, use a bridge to make it easier. Bridging to your leg with one hand and to the rack with the other, ties in your upper body strength to help lower yourself down onto one knee.

Being in a Tripod position like this, helps your hips to bend as you reach, so your back doesn't have to.

To get back up, be sure to rest the box or bag on your thigh just as you begin to rise. This lets your leg carry the weight of the load instead of your back.

As you are coming up, push down on the load that is resting on your leg. This is another form of bridging that lets your upper body strength help you up.

If you are picking several items, move them all from under the rack at once, then get up and use POWERLIFT[®] Tip the Load to stack them on the pick pallet.