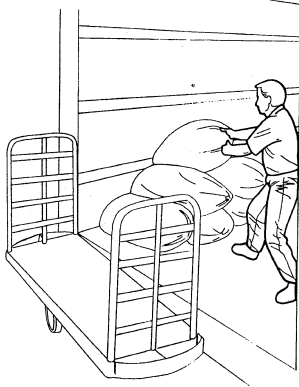


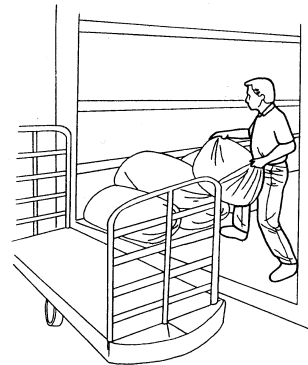
This job is a three phase pull, lift and place sequence that will ensure your legs are being used rather than your back.

PULLING SACKS AND POUCHES FROM THE TRUCK TRAILER

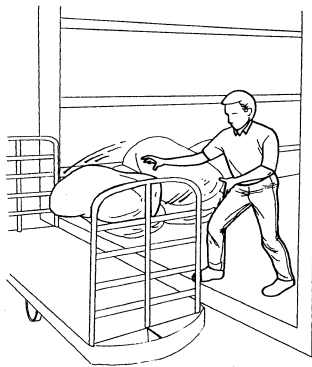
Page 1



First, pull the sack to you off of the pile while in wide stance. If at all possible, pull the sack to the area between your knees.



As the sack moves between your knees, use wide stance POWERLIFT® to catch it as it is coming down, or to lift it if the sack is coming off of a lower stack.



Avoid bend/twisting here by stepping your foot out in the direction of your maneuver. Never bend/twist to transfer the sack without moving your foot.

- ▶ Evaluate each other's unstacking technique while in the bed of a semi-truck trailer. The most important phase of this technique to practice is stepping out as you transfer the bag. Although at first this may seem clumsy, once it is mastered you will be able to handle your load just as fast the new way as you did the way you have been accustomed to.

PULLING SACKS AND POUCHES FROM THE TRUCK TRAILER

Page 2