



## PULLING TOTES FROM THE CONVEYOR

To make this job easy, you must position yourself at an angle to the conveyor. Positioning at an angle opens up a space for you to bring the tote into. If the tote is heavy, use your free hand to bridge to the conveyor. That way you will increase your upper body strength as you pull.

Pull the tote with one hand as your other hand bridges to the conveyor. Don't reach your free hand to the opposite side of the tote until the tote has moved in close to you. Reaching too soon will put a twist in your back and makes this job harder to do than it has to be.

Once the tote has been pulled close to you, reach for the opposite side with your free hand and carry it away. This method takes all the lifting out of the job and makes the job of pulling easier.