



Pulling Tubs and Trays from racks can be made much easier with a few simple techniques. First, instead of lifting the tub or tray from the rack, learn to slide it. Second, if the tub or tray is on a high rack or is heavy, learn to use your free hand to push against the rack as you pull the load towards you with your opposite hand.

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Note that as you pull from lower levels of the rack that your stance should become wider. Eventually you can keep a 45° angle to the rack and pull the tub or tray right between your knees so that now you are lifting with the load very close to you.

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- ▶ Load up a tub with some material and practice pulling it from various shelves of the rack. Get used to using your free hand to push against the rack.

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