



STANDING AT THE CONVEYOR LINE

If you are tall and have a hard time working off of a line that seems too low for your height, try putting a foot up as you stand. This worker is too tall for the line he is working and has put his foot up onto a support to take the stress off of his back. Note that he does not face the line head on but instead is facing at an angle. He has his left foot up and is turned a little to the left. This allows him to lean his right thigh into the conveyor so that now the conveyor is holding him up as he reaches out instead of his back holding him up. Remember also to switch the foot you have up from side to side every few minutes so that one foot doesn't become fatigued. This is a really comfortable way to stand and work. Give it a try, you just might like it.