



1. To get close to stock that is stored under shelving you must step under the shelf with one foot. If there is room, place your foot along side of the pallet. If there is no space along side the pallet, place your foot on the edge of the pallet. Your other foot should go in front of the pallet.
2. Now slide the load towards you while staying in a wide stance.
3. As the load moves toward you let it pivot off the end of the stack or pallet as you lift it with your legs. If necessary, to clear your head, you can take a step back with each foot, still keeping a wide stance before lifting the load with your legs.

STANDING UNDER SHELVING