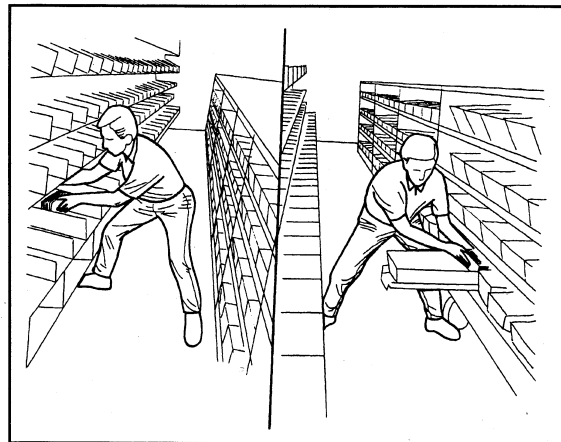
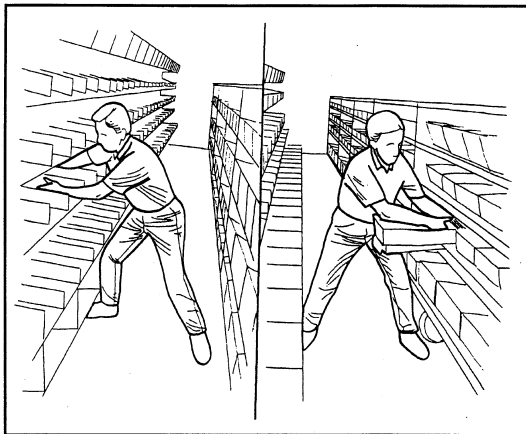
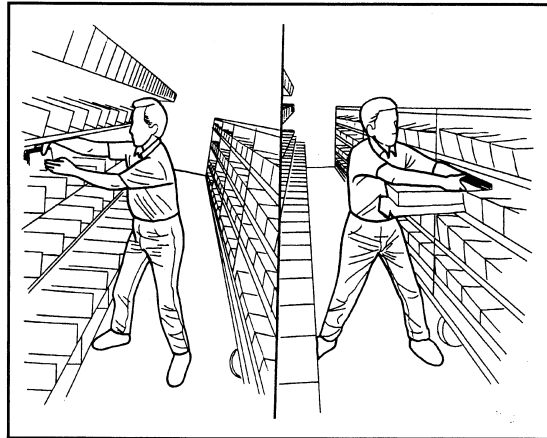
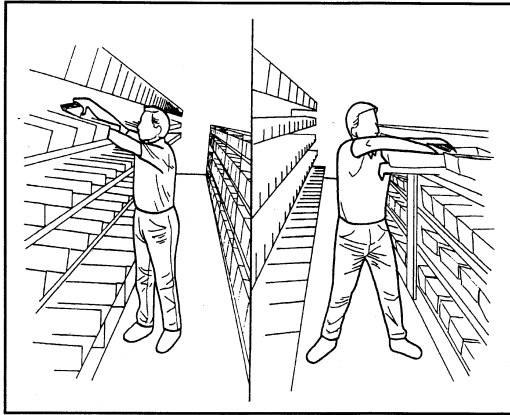


Sweeping the DBCS if done improperly can contribute to back problems. This can easily be taken care of, however, if we remember that while in wide stance our hips and legs will take up the bend/twist rather than our back. Using a wide stance allowing our body to pivot at the hips and legs minimizes stresses to the back. Notice that as we begin at the top levels of DBCS our feet are not very wide. However, step your foot into the direction that you are moving the mail as you reach across the aisle to the tray. As you proceed down the levels of the DBCS note that your feet become progressively wider. Once you are at the bottom level, a wide stance will carry the mail and your body from the DBCS to the tray.

SWEEPING THE DBCS

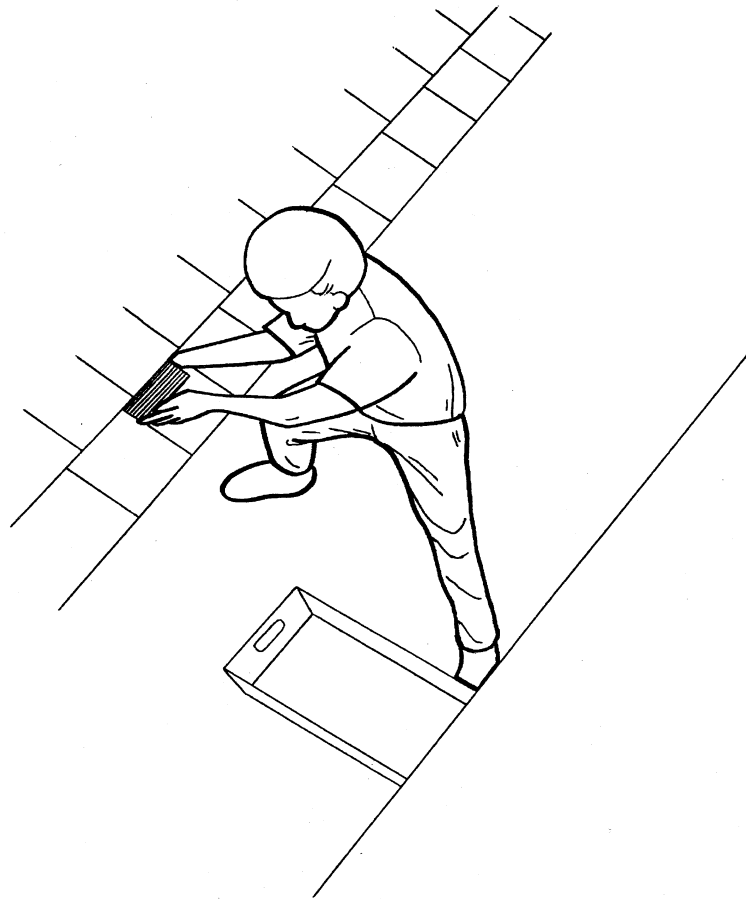
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It is very important to get everyone to understand the necessity of pivoting the body at the hips and legs to accomplish this task. This can be done with a wide stance. At first this will naturally seem clumsy and slow, however as the skill level increases so will the speed. Note especially that as the level of the mail gradually goes down from top to bottom, the stance of the feet becomes wider. Operators should get so consistent with this technique that as they walk along the aisle and pull mail randomly from various levels of the DBCS they will automatically place their feet in the correct stance for that level.

SWEEPING THE DBCS

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Using an offset technique to line up the DBCS and the tray carts can make the mechanics of this job more uniform. Note that the tray cart has been pushed slightly forward of the DBCS so as to create an offset. This allows for better mechanical function of your hips and legs as you reach into the DBCS and then across the aisle into the tray.

SWEEPING THE DBCS

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