



Transferring mail can be done in one of two methods. We can either use our back, or we can use our legs. To use our legs we need to maintain wide stance. This can be easiest done if we pick up the loads (as seen here off of a belt) while in wide stance, then step to the direction of the transfer. With a little practice this can become a major back saving technique while doing this job.

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STEP TO THE SIDE



STEP AROUND TO YOUR BACK SIDE



ALWAYS STEP INTO WIDE STANCE

- ▶ Practice transferring mail to various hampers by stepping into the direction of the transfer and maintaining wide stance. Although this takes practice, it can soon become second nature and can save greatly on the wear and tear on the back.
- ▶ Postal employees are not to throw mail unless it is required by the operation. Employees should be carrying the load close to the body and placing the load down. We should not be throwing loaded sacks.

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