



To avoid strain on your upper back, shoulders and neck, try not to reach up with both hands as you take the tray off the belt.

## TRAY CONVEYOR

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Instead of both hands, use only one hand to lift half the tray, placing it on the edge of the belt. This allows the frame of the belt to hold the entire weight of the tray rather than your arms holding the tray.

## TRAY CONVEYOR

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Once the tray is resting on the frame of the belt, slide it towards you rather than lifting it. As you slide the tray, bring your other hand underneath the tray to help support the weight of it as it moves towards your body.

## TRAY CONVEYOR

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As the tray comes down in towards your body, you may kick one foot out and bend the knees to help absorb the shock of catching that tray on your legs rather than on your back. With your feet closer together all the shock of the weight of the tray is absorbed on the back - use your legs instead.

## TRAY CONVEYOR

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