



## UNLOADING FREIGHT

To bring a heavy load down from a high stack, try this method. Position yourself in a wide stance with one foot close to the freight.

Tip the load off the stack and slide it down the front of the freight boxes.

As the load comes down, let it settle onto your thigh. This way your leg is holding the weight and not your back.

Next, tip the load towards you to keep it close and carry it away,