



LIFTING TOTES FROM A MEDIUM HIGH STACK

When lifting a tote from a medium high stack remember to use your legs. Just because the tote is near waist level doesn't mean that your back is automatically safe. If you can, try to stand at the corner of the stack in a wide POWERLIFT® stance. If you are lifting from the middle of the row, still step out into a wide stance. Then, with your knees bent, lift the load with your legs. Another smart move is to rest the tote on your thigh as it comes up. You can even walk with the tote on your thigh to make the job much easier on your back!