



## PICKING: PALLET TO CONVEYOR-2

Here is yet another way to safely and quickly move a piece of product from a pallet to the conveyor. Note that the worker is tipping the load into himself before he lifts it, which keeps the weight of the box close to him and off his back. Then, to move it to the pallet he steps around with a “basketball pivot”. This is the same move you learned in school to change your direction when playing games like basketball. It works really good and is much safer for you than bending and twisting your back to move the load to the conveyor. Never bend & twist your back, use your legs for everything!