

WALKING WITH BANANA BOXES

You know to let the banana box <u>move down to your thigh</u> as it comes down off of a high stack to protect your back. Now, <u>keep in on your thigh as you walk and carry it</u>. That way all the <u>weight is being held by your legs, not your back</u>. This is a simple, smart way to work and will make your jobs easier!