



WORKING THE MERGE LINE

When you are leaning over the conveyor to pull product towards you, learn to keep your back out of the job plus make it as easy as possible. To do that, lean your body into the side of the conveyor with your knees bent. This lets the conveyor hold you up instead of you holding you up. When you lean your body into the conveyor it takes the work of bending and reaching off of your back by transferring your body weight into the conveyor. This is called “Lean Bar Technique” and works really good in lots of work settings. Let other solid objects hold you up as you work, it is much easier and safer on you!