



Desleeving trays is a job that should only be done in wide stance. The amount of bend/twisting associated with this task can be very significant if you are using your back for the job. Remember that with wide stance, knees bent, the bend/twist takes place in your hips and pelvis where it belongs, rather than in your back.

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The first task of desleeving involves cutting the plastic straps. For this, stand at a 45° angle to the front of the stack of trays in wide stance, with your knees bent. Note as in the illustration, you can use your free hand to stabilize yourself while bending down to cut the straps. Notice also, that in this position your range of motion is greatly improved and you can reach to almost any area without moving your feet.

The same wide stance 45° POWERLIFT® stance applies to pulling straps. With this stance you can reach any and all straps quickly and easily. When necessary, it is very easy to move to different areas with your feet rather than bending your back.



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Cutting and Pulling Straps
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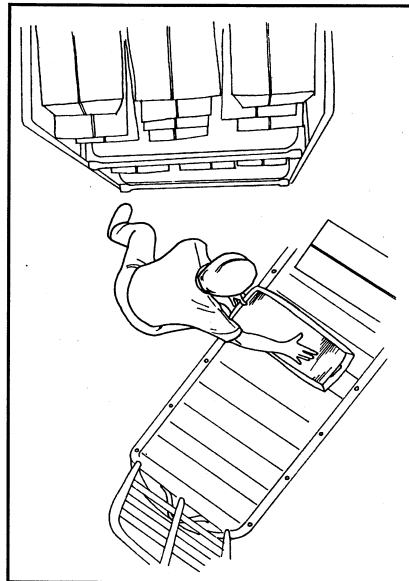
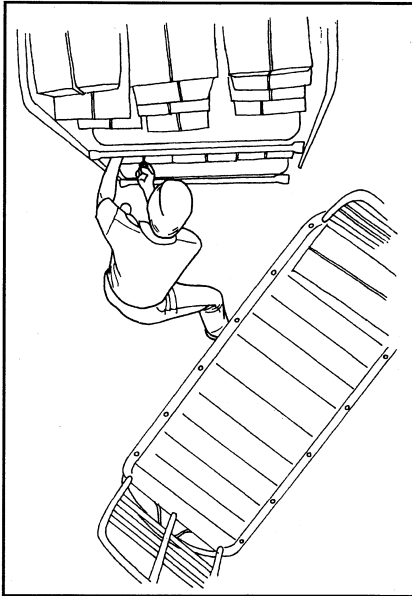
The toughest job comes with the Desleeving process. To avoid bend/twist here, once again stand at a 45° angle to the front of the flats in wide stance with the knees bent. This way you will be pulling flats with your legs instead of your back. Once you try this method you will discover that it is much less fatiguing than using your back.



The next major bend/twist occurs when you move the tray from the stack to another position (in this case a Platform Truck). To avoid bend/twist here, simply kick your outside foot into the direction you wish to move. You will find with the wide stance that it is very easy to move your outside foot either forward or backward to accommodate placing the tray. Note also, that if you position the Platform Truck so that it is sitting at a 45° angle to the APC, that you can Desleeve in a wide stance without even moving your feet. If room allows, try this method as it makes this job extremely fast and efficient.

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A great method to use when Desleeving is to place the Platform Truck at a 45° angle to the APC. This way, by maintaining a wide stance, you can transfer the tray from the APC to the truck without even moving your feet. Note that the bend/twist in this situation is taken up by the hips, pelvis and legs, rather than by your back. For this to happen, you must remain in wide stance with your knees bent, placing yourself at the proper angle to your equipment. You will find this method to be many times faster than the old way of using your back to transfer the trays from one pile to the other.

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