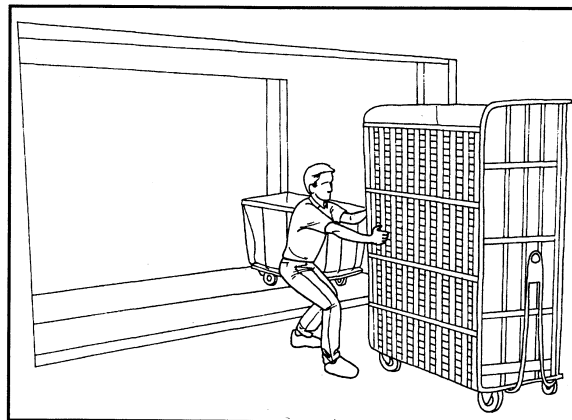
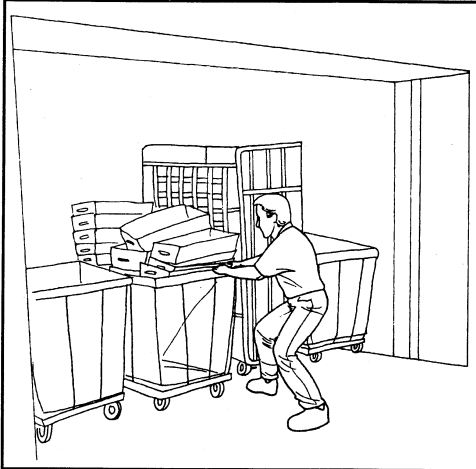


Pushing BMC's, APC's, Hampers and Gurneys to and from the elevators can be tedious job. Learning to use your legs to full advantage with this job is vital.

- ▶ Note: Containers should only be pulled to allow the employee to get into position to push it. When moving rolling equipment, pushing is the only safe way to accomplish the task.

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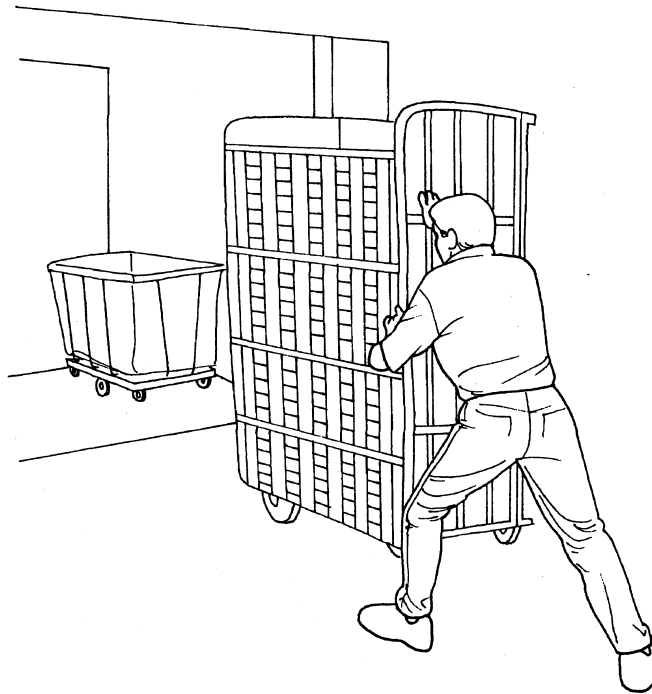


To position loads in and out of the elevator, always stand at the corner, facing your load at a 45° angle with wide stance. Remember to move your close foot to the side of the load to avoid running over it. Next, hang on low on the load. The lower you grasp the load, the lower you are going to be able to place your body when pulling.

- ▶ **Note:** Containers should only be pulled to allow the employee to get into position to push it. When moving rolling equipment, pushing is the only safe way to accomplish the task.

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Pushing loads to and from the elevator require the same wide stance POWERLIFT® technique. Here, stand at the back corner of the load, but remember to keep a very wide stance as you push. Once again, keep yourself low to the load instead of way up high as this allows your legs to dig in and take the brunt of the pushing power.

- One of the toughest things for elevator operators to do will be to change their pulling and pushing style. Be persistent and insist on using a wide low stance especially for pulling. Even small framed people will find it much easier to pull exceedingly heavy loads if they stay low to the load. It should only take a few days of really trying over and over again to utilize the technique in order to get used to it. Once you can feel the benefit of staying low and using your legs, you will never go back to the old way of pulling with the back.

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