



FILLING BUCKETS FOR WEIGH-UP

Pouring from a sack to a bucket means that you have to hold the sack out in front of you as you pour. This puts too much of a load on your back and will contribute to the wear and tear you accumulate over the years.

To minimize the load to your back, remember to always stand with a wide POWERLIFT[®] Stance and bend your knees. Get as close as you can to the work you are doing and if possible, lean into the frame of the conveyor. Using these methods will go a long way toward saving your back as the years go by!