



HANDLING AN INSULATED BOX ASSEMBLY

When it comes to lifting a box assembly such as this, most workers find it difficult because the thing is so bulky. But you can overcome the bulkiness easily by using a wide stance with your knees bent. The wide stance makes room in between your knees and legs so you can get closer to the load. Approaching the assembly from the corner also helps keep you close. Keeping the load close is the number one way to protect your back and using a wide stance is the number one way to get close!