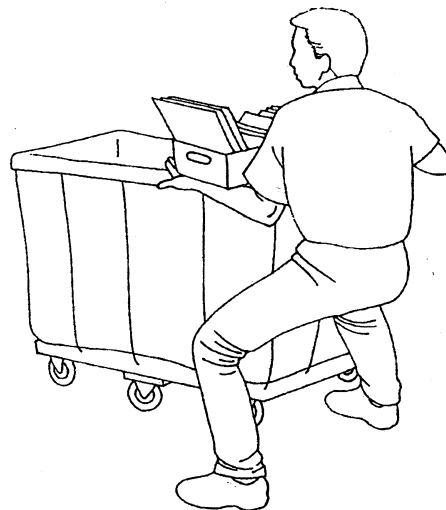


There are two things shown in this drawing that are making this task harder than it needs to be. The first is that this worker is using his back to lift the tray. The second is that he is lifting the tray by both handles.



Instead make the job easier by trying these two techniques. First always use POWERLIFT® to lift. And notice also how he has his left foot around the corner of the hamper. This puts him closer to the weight of the heavy tray. Second, see how he has one arm under the tray. This way the weight of the tray is pulled in closer to the body making the tray feel lighter by making this a much more efficient way to work.



## **HANDLING MAIL TRAYS**