



LIFTING FROM HIGH SHELVES

Lifting from levels higher than your shoulders requires some thought and common sense. If the shelf you are pulling the product from is higher than your shoulders and it is heavy or bulky, you should use a stock ladder. As seen above, the worker on the left is considerably taller than the one on the right and may be able to safely lift from the high level. The worker on the right is definitely shorter and should use a stock ladder. Remember, once you get hurt lifting from above your shoulder, you will probably never do it again. So learn before you get hurt and use the ladder!