



When you are lifting items off the roller conveyor, don't bend over and lift with your back. This is usually a very repetitive job and will eventually leave you with an arthritic low back. Instead, as you step up to the conveyor, use your last step to put you into a wide POWERLIFT® stance. Then, instead of lifting the item, slide it to the edge and let it tip off the side into your arms. This way you are not lifting nearly as much weight and you will be using your legs instead of your back for the job!

LIFTING FROM THE ROLLER CONVEYOR