



LIFTING HEAVY STOCK FROM RACKS

When you go to lift something from a shelf or rack, especially if it is heavy, you need to get as close to it as possible before you lift it. The best way to do that is to stand at an angle to the shelf. The angle gets you close to the load and at the same time gives you room to slide it to you, before you lift it. Then, if you use a wide stance and bend your knees, all of the weight of the item will be taken by your legs. Without this technique, we tend to use the back all day long. Your back is not made to work that hard, so get smart, use your angles and your legs and make your job safer and easier!