



MOVING COMPONENTS ON THE CONVEYOR

There are two ways you can move parts down the conveyor, you can pull them or push them. If you are pulling them, set yourself up like the worker on the upper left. He is using a wide stance and pulling the unit towards him using his legs. The worker on the upper right is pushing the unit but is also using a wide stance leg push. Either way works, just make sure you step out into a wide stance and use your legs instead of your back!