



MOVING PRODUCT DOWN THE LINE

Here is a typical task that many of us do on the job. We are packing product into boxes and passing them down the line. As you push the box down the line don't make the mistake of pushing it with your back. That is what happens when you don't move your feet as you push.

Instead, step out into the direction of the push. This makes your legs do a good deal of the pushing, taking it off of your back. In addition, standing in one spot makes your legs and feet tired. Stepping out into the direction of the push gives your legs and feet a little break from standing and you will end up being not as tired by the end of the day.