



ORDER SELECTION—PALLET TO CONVEYOR

Picking orders requires all kinds of lifting and moving, so you don't want to use your back for this job. The best way to use your legs and keep your back out of the work is to keep a wide stance as you lift and to bridge as you reach. But the most important move that will protect your back is to not twist when you move to put the carton on the conveyor. Instead, move your feet and face the conveyor as you place the load onto it. The joints of your low back are not made to bend and twist at the same time. Not moving your feet forces your low back to bend and twist, so avoid that move as much as you can!