



ORDER SELECTION / PICKING

If you are using your back to pick orders you are also wearing down your back. It is common knowledge that back lifting will gradually ruin a back, so lets use POWERLIFT® instead. The best way to get into the habit of using your legs is to think of wrestling. Except when at work, you are wrestling product instead of another wrestler. You wouldn 't wrestle with your back so don 't pick orders with your back either. As soon as you move yourself in to pick a box, use you last step to put you into a wide wrestling stance, bend your knees, then lift the load. This way the stress stays off of your back and you won 't end up with an arthritic back when you retire!