



PICKING FROM A STOCK LADDER

Reaching out to pick off of a stock ladder can be risky if you don't a solid stance. As seen above, this worker is reaching in to the right to pull an order, but notice how he has his feet positioned, each on a different step. He has his right foot down and his left foot up. This gives him stability and opens up the right side so that he can reach in that direction. This is a great way to work off of a stock ladder and will really help you to keep your balance and not twist your back as you reach.

Always keep your back out of the work and watch your stance!