

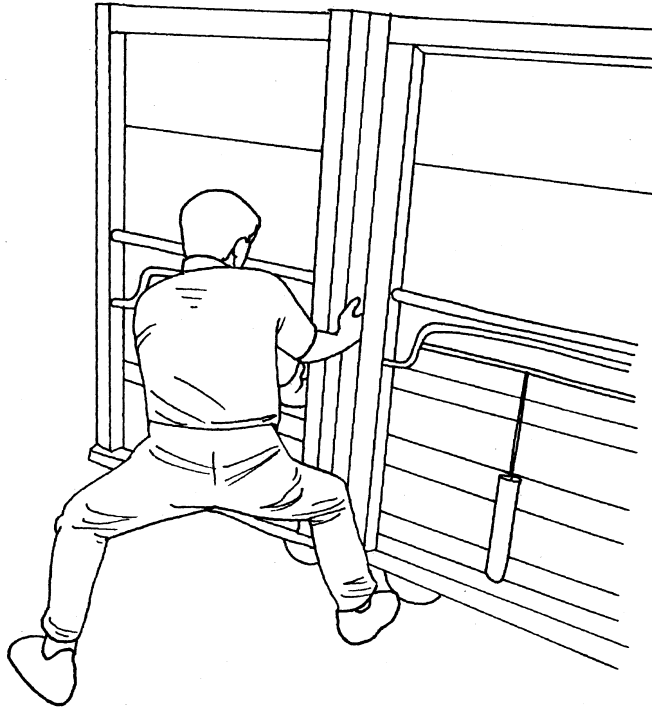
One of the toughest jobs in mail processing is pulling BMC's from the back of a semi-trailer. This job can be made easier if you use the mechanical advantage of your legs.

The most frequent mistake made when pulling, is to grasp the object too high. Instead, grasp the object (in this case a BMC) low on its frame with your two hands. Next, position yourself at the corner of the BMC with your feet at a 45° angle to the front of the BMC. Then drop your buttocks low as you pull with your legs. Keeping low is what gives you the leg power for this job, whereas grasping the BMC high up takes the mechanical advantage away from your legs and forces your back to do much of the pulling.

- Note: BMC's should only be pulled into position to push.

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Note that the close foot is placed in front of the opposite BMC. This allows you to maintain a wide stance without running your foot over as the BMC begins to move. Remember also, that this works from either direction, so that by turning around you could just as easily be pulling the right hand BMC first.

- Discuss and problem solve pulling BMC's, APC's and Hampers from the crowded depths of a semi-trailer. Remember that no matter if the BMC is stuck or not, you still have to pull it out. Oftentimes people comment that the side door of the BMC can pop open making pulling extremely difficult. Although this is 100% true, remember that you still have to remove the BMC regardless if the door is open or not. Therefore, if it is your body that is going to be pulling this BMC, utilize it as efficiently as you can by using the POWERLIFT® technique as just described.

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