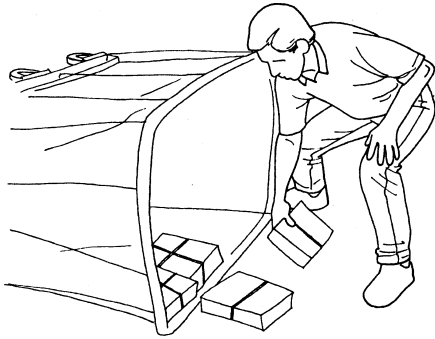


When trying to retrieve mail from the very bottom of hampers, very often the easiest method is to simply tip and dump the contents onto the floor. For this job we can use all the elements of good POWERLIFT[®] technique.

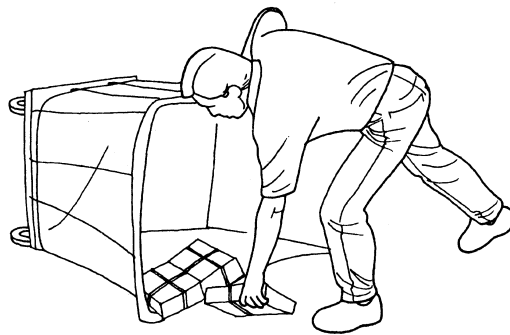
Tipping a hamper that is weighted with mail should always be done by pushing the load away from you. Stand at the corner with a wide stance 45° approach to the hamper and push it away from you onto its side.

TIPPING AND EMPTYING HAMPERS

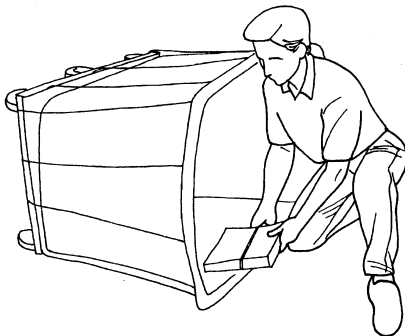
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To pick the mail from the floor, you can use the standard wide stance POWERLIFT®.



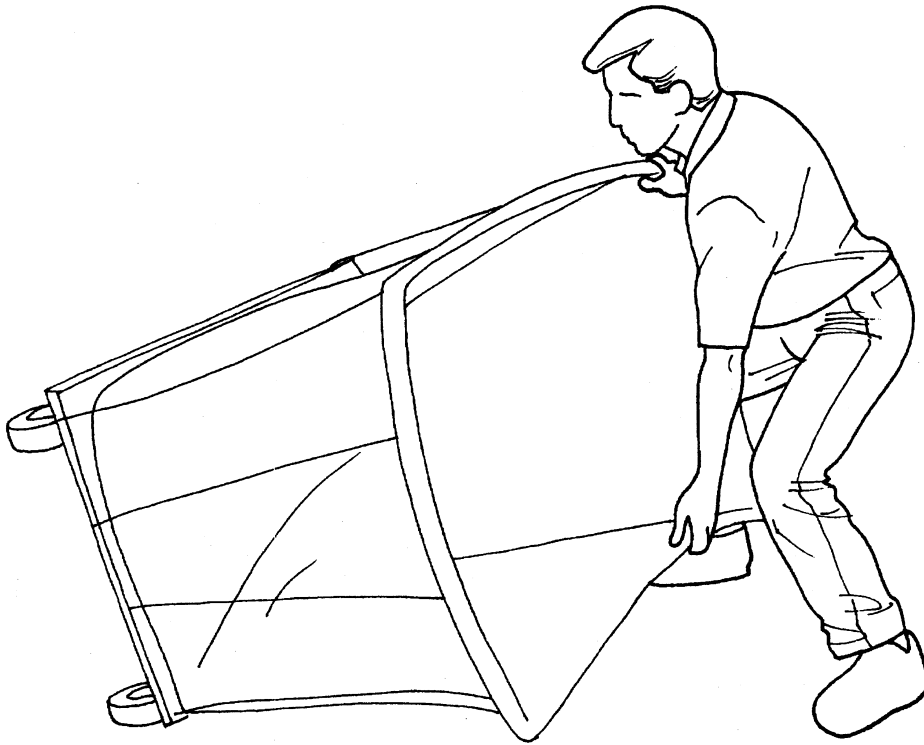
You can also use a Golfer's Bend. Remember to make this a supported crossover type Golfer's Bend lift. In other words, as in the illustration above, the right hand is supporting and balancing the lifter on the hamper, while the left leg and foot remains on the floor. This is a right to left crossover Golfer's Bend.



A Tripod Lift will also work for this job. Remember that when your hands are full of mail, simply place the stack of mail on your leg and push yourself up to a standing position. This is a true Tripod Lift and works beautifully.

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To stand the hamper back up, once again assume a wide stance 45° position to the hamper. Lift and tip with both hands noting that your positioning keeps you really close to the load.

- ▶ Problem solve with your crew the various methods of tipping hampers and picking the mail off the floor. Remind everyone that very often it is not the weight of the mail that is being picked off the floor, but rather the weight of the upper body that adds to the loading and wear and tear of the lower back. Eliminate back work by adopting one of the three methods as shown.

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