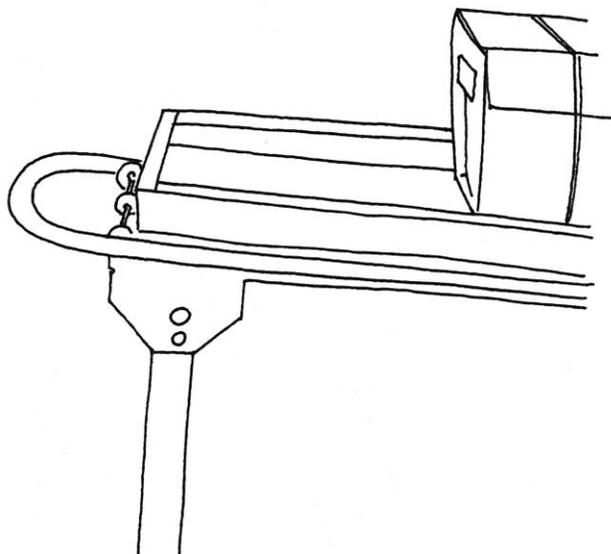


As shown in the illustration above, when pulling tubs and trays from a conveyor be sure to use your legs for the lift rather than your back. To use your legs requires a wide stance which allows you to get close to the conveyor. Here the lifter is actually standing at the corner of the conveyor frame, with one foot in front and one foot to the side of the conveyor as he lifts the flat tub.

TUBS AND TRAYS FROM THE CONVEYOR TO THE UTILITY CART

Page 1



When placing the tubs or trays on a flatbed type cart be sure to move your feet rather than twisting your back as the transfer occurs. Parking the cart too close to the conveyor will encourage a bend/twist of the back whereas parking farther away so you are forced to take a step will encourage using the legs rather than the back.

TUBS AND TRAYS FROM THE CONVEYOR TO THE UTILITY CART

Page 2