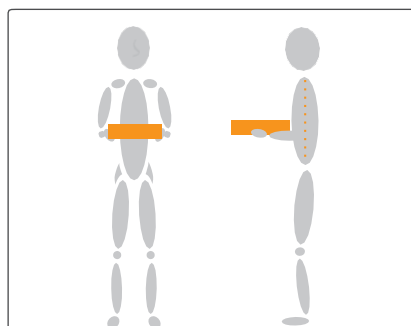
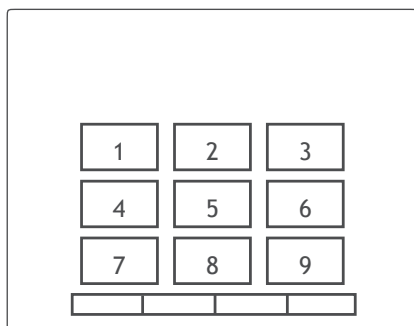




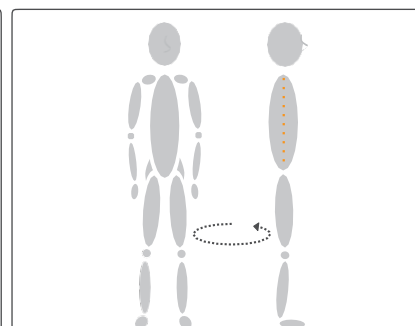
THE BEST WAY TO ...

Take individual products from a pallet

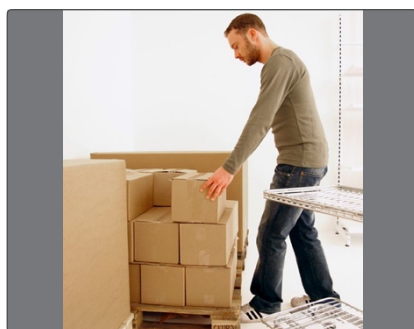
It is tempting to take the front products from the pallet first, but you will end up having to reach and lift awkwardly to take the other products. See below for a much safer and more efficient technique.



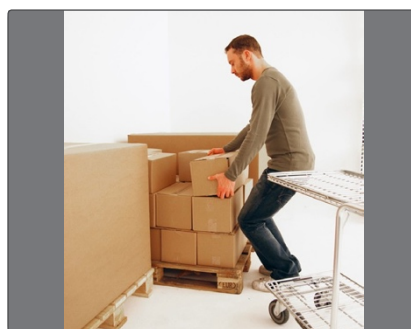
Lift with the load close to your body.



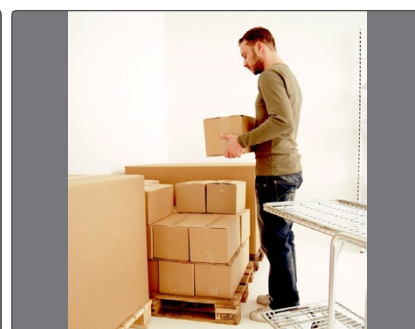
Keep your nose and toes pointing in the same direction to avoid twisting.



Pull the box to the edge before lifting.



Bend your legs, keep your back straight and grab firm hold of the product.



Lift by straightening your legs.

MECHANICAL AIDS

For advice on procurement and use go to www.hvordandubedst.dk



Stock trolley

REMEMBER TO

- Pull and push the boxes close to your body
- Move/turn the box to get a firm grip on it
- Lift with the load close to your body
- Use your thighs when you lift - not your back
- Keep your back straight
- Keep your nose and toes pointing in the same direction to avoid twisting