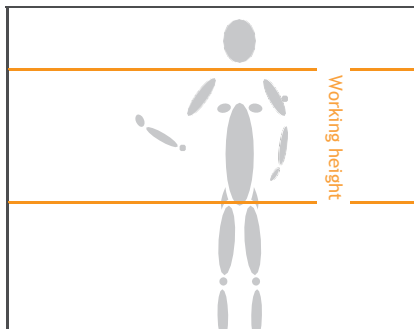




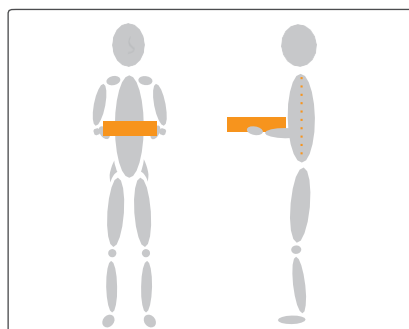
# THE BEST WAY TO ...

## Organise and stock light products on high shelves

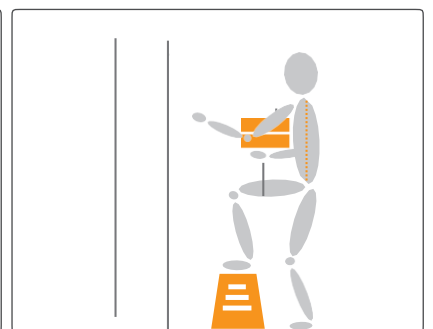
Organising products on shelves and restocking shelves are common tasks in shops. When stocking light but difficult to handle products onto high shelves, it's a good idea to follow a few basic rules and use mechanical aids to adjust the working height.



Work between thigh and shoulder height.



Avoid twisting your body.



Stand on a stable base when stocking at a height.



Work between mid-thigh and shoulder height - the table trolley provides a good working height to prepare products.



Step up onto a stable base to avoid reaching above shoulder height. Hold on to the shelf for support as you step up.



Use both hands to place the products on the shelf.

### MECHANICAL AIDS

For advice on procurement and use go to [www.hvordandubedst.dk](http://www.hvordandubedst.dk)



Kick step



Table trolley

### REMEMBER TO

- Work between thigh and shoulder height
- Avoid twisting your body
- Stand on a stable base when stocking at a height
- Hold on to the shelf for support as you step up