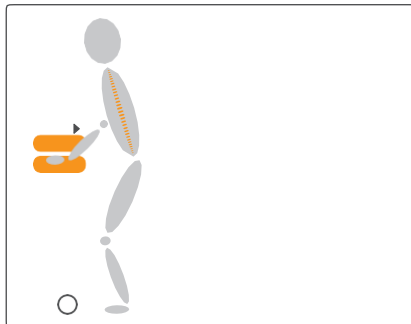




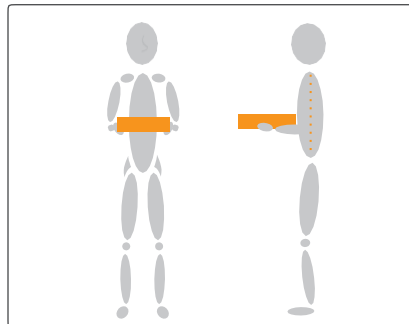
# THE BEST WAY TO ...

## Stock shelves with light products from a stock trolley

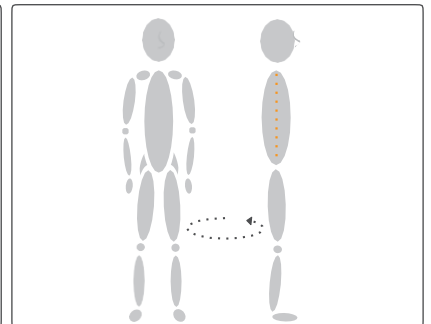
If space is limited in your stockroom, load the products onto a stock trolley and move them to the shop area. When placing the products on the trolley and when stocking them onto the shelves, try to avoid bending and twisting your back as much as possible and always keep the products as close to your body as possible.



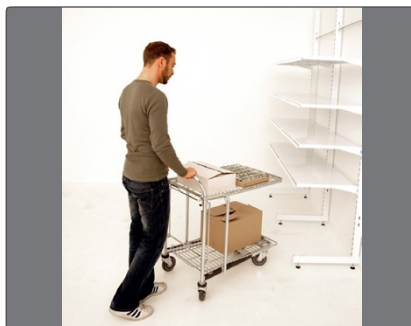
Slide the product towards you before lifting.



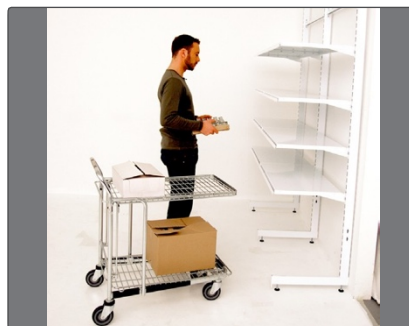
Grab a good hold of the load close to and in front of your body.



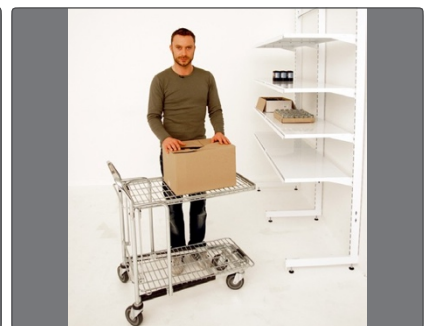
Keep your nose and toes pointing in the same direction to avoid twisting your back.



Place the trolley close to the shelves but make sure there is space to work.



Grab a good hold of the load and keep your nose and toes pointing in the same direction.



The top platform provides a good working height when stocking many small items.

### MECHANICAL AIDS

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



Stock trolley

### REMEMBER TO

- Place the trolley close to the shelf and clear the floor space
- Slide the product towards you before lifting
- Grab a good hold of the load close to and in front of your body
- Keep your nose and toes pointing in the same direction to avoid twisting your back