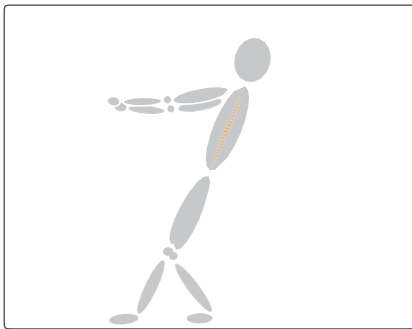


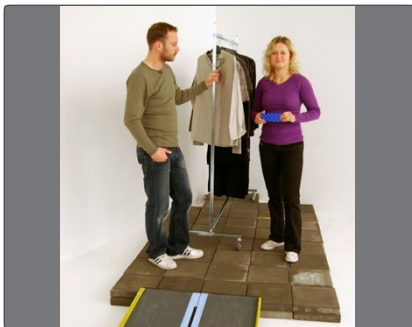


THE BEST WAY TO ... Move wheeled racks

In some shops, products displayed in wheeled racks may need to be moved outside in the morning. If there are steps or a difference in level between the shop and the street, moving wheeled racks can be made easier by using mechanical aids and following a few tips.



Stand with one foot in front of the other, lean back and use your body weight and leg muscles to move the rack. Keep your back and arms straight.



Use a road plate instead of lifting the rack over steps and edges.



Stand with one foot in front of the other facing the rack. Lean back with your arms straight to set the rack in motion.



Pull the rack along and keep a steady pace.

MECHANICAL AIDS



Road plate

REMEMBER TO

- Place a road plate over any differences in level (between the shop and the street)
- Pull - if it is a four-wheeled rack
- Stand with one foot in front of the other and then move the rack by:
 - leaning back
 - using your body weight and leg muscles
- Keep your back and arms straight
- Keep a steady pace, avoid jerking the load and braking or changing direction