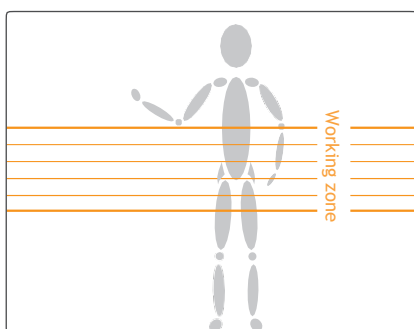




THE BEST WAY TO ... Handle products when inspecting them

Products of varying sizes are often packed together in the same box for delivery. Before the products are moved to the shop area, they have to be inspected and registered. If you're standing up for a prolonged period of time while performing this work, the products should be placed at a proper working height to prevent you from straining your back and arms and to allow you to see what you're doing.



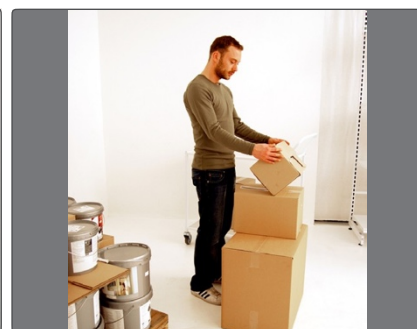
The best zone in which to handle heavier products is between mid-thigh and hip height.



The best zone in which to handle heavier products is between mid-thigh and hip height. Lighter products are best handled slightly below elbow height.



Place products on a table trolley for a good working height.



Or use empty packaging or other products as a makeshift worktable.

MECHANICAL AIDS

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



Table trolley

REMEMBER TO

- Perform visual inspection tasks at elbow height
- Handle lighter products 10-15cm below elbow height
- Handle heavier products between mid-thigh and hip height
- Use mechanical aids where possible, or use packaging or other products to establish a safe working height