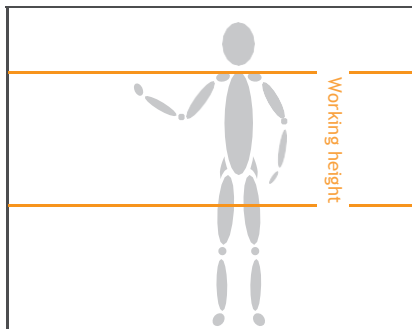




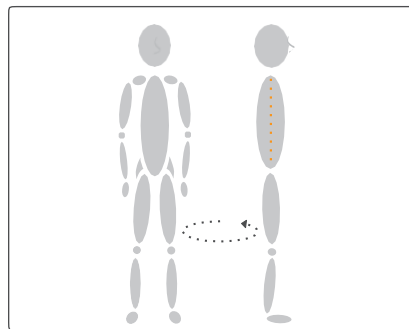
THE BEST WAY TO ...

Stock shelves with light products from a pallet

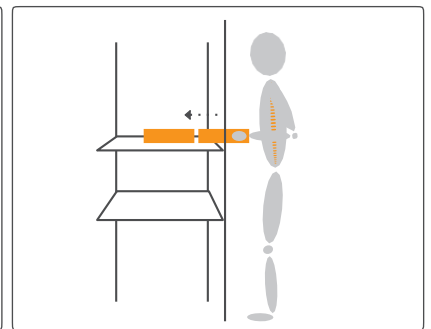
Make sure you have a good work routine when you load products onto shelves from boxes on a pallet truck. A good routine when stacking shelves involves placing the pallet in the correct position relative to the shelf, planning your work and using safe manual handling techniques.



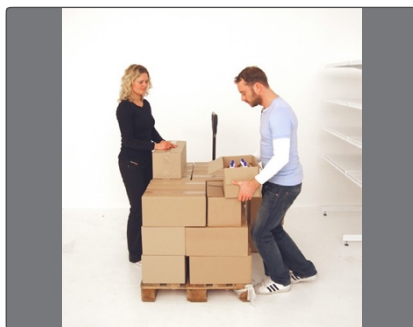
Establish an optimal working zone - between mid-thigh and shoulder height.



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



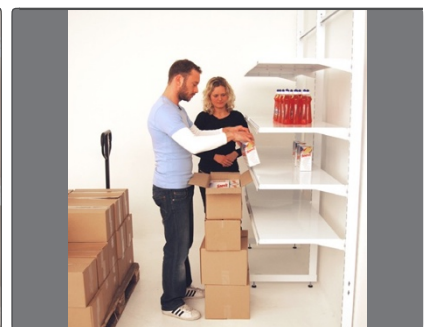
Use other products to slide products into place.



Place the pallet so that you can access it from three sides and have space to work.



Support the box between your upper body and the edge of the shelf.



If you have to handle heavy products, use other boxes to build a makeshift worktable: Place the worktable between yourself and the shelf and position the box you want to unpack on top.

MECHANICAL AIDS

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



Pallet truck



Table trolley

REMEMBER TO

- Place the trolley close to the shelf and clear the floor space
- Establish an optimal working zone - between mid-thigh and shoulder height
- Support the box against the edge of the shelf and use other boxes to build a makeshift worktable
- Keep your nose and toes pointing in the same direction to avoid twisting
- Use other products to slide products into place