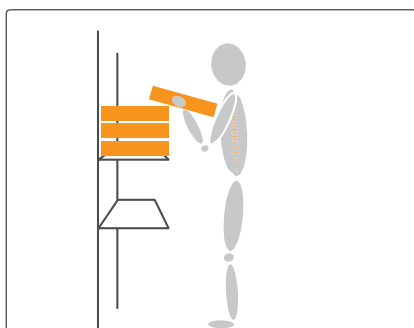




THE BEST WAY TO ... Lift a light box down from shoulder height

If you have to lift products down from a roll cage that has been stacked high with products or from a high shelf, the trick is to lower the product to a safe lifting height by keeping the product supported on the box/product underneath and then lowering it by sliding it down against your upper body.



Keep the product close to your body to support it until you have lowered it to a safe lifting height.



Work the box free from the other boxes. Grab the side handles and slide the box towards your upper body until the box no longer rests on the box beneath it.



Keep the box close to your body and let it slide down against your upper body.



Make sure the box stays supported by your body.

MECHANICAL AIDS

None

REMEMBER TO

- Position yourself close to the load
- Work/pull the product close to your body before lifting
- Get a firm grip on the hand holes or under the short sides of the box
- Keep the product close to your body to support it until you have lowered it to a safe lifting height