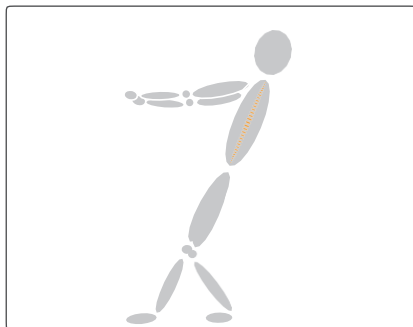




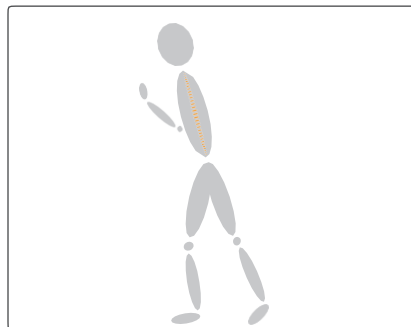
THE BEST WAY TO ...

Move products on a pallet truck

It's important to remember to use safe manual handling techniques when you use a pallet truck to transport palletized products to the shop area. A good manual handling technique involves using your body weight to make pushing or pulling the pallet truck easier.



Keep your back and arms straight.



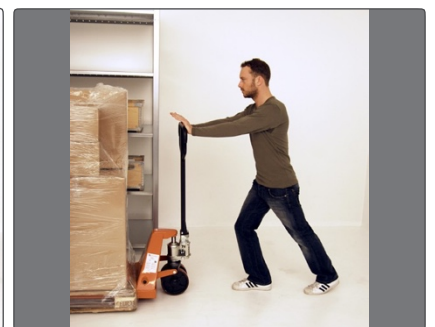
To stop the pallet truck, place the handle in the vertical position and apply your body weight.



To start the pallet truck, stand with one foot in front of the other as if you were taking a step - then lean back and keep your arms straight.



When the pallet truck starts to move, turn around and pull it along after you.



To stop the pallet truck, turn around again and place one foot in front of the other - then place the handle in the vertical position and apply your body weight.

MECHANICAL AIDS

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



Pallet truck

REMEMBER TO

- Stand with one foot in front of the other as if you were taking a step
- Use your body weight and your thighs to set the pallet truck in motion
- Keep your back and arms straight
- Try to keep a steady pace without jerking and braking or changing direction too often
- To stop the pallet truck, place the handle in the vertical position and apply your body weight