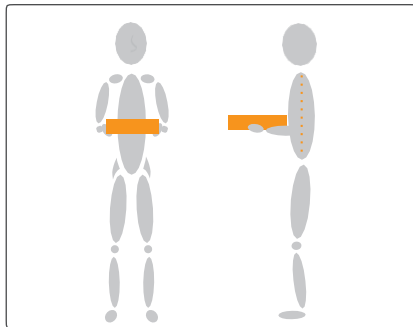




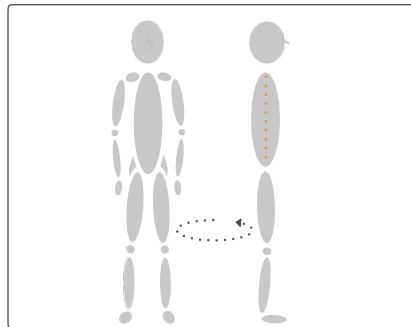
THE BEST WAY TO ...

Stock and organise products in the dairy cooler

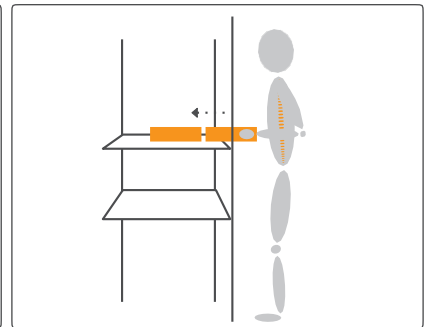
When stocking and organising products in the dairy cooler, it's important to handle the products at a good working height and to avoid bending and twisting your back or reaching out too far.



Lift with the load in front of and close to your body



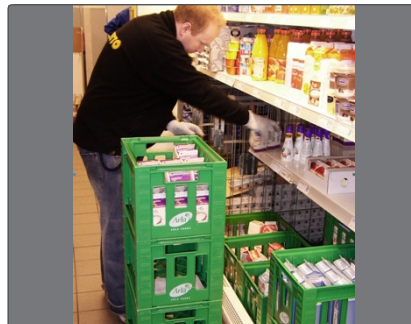
Keep your nose and toes pointing in the same direction to avoid twisting.



Use other products to slide products into place so you avoid having to reach out too far.



Place the crate at a good height and close to your body - for example between the shelf and your body on top of other crates or on the shelf just below.



Use other milk crates as a makeshift worktable so that you can place the crate at a good working height - between mid-thigh and hip height.

MECHANICAL AIDS

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



Milk crate dolly

REMEMBER TO

- Establish a good working height using other crates or packaging
- Place the milk crate between mid-thigh and hip height when stocking products onto high shelves
- Lift with the load in front of and close to your body
- Keep your nose and toes pointing in the same direction to avoid twisting
- Use other products to slide products into place so you avoid having to reach out too far