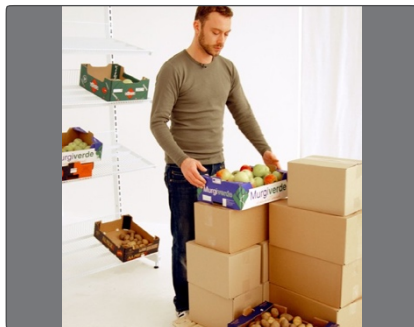




# THE BEST WAY TO ...

## Move heavy vegetable cases onto shelves

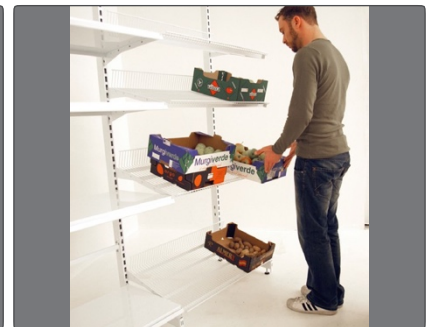
Pallets are always organised with the heaviest boxes at the bottom and the lightest at the top, and the products are often distributed on the shelves according to the same principle. It's important to learn a proper manual handling technique by which you keep the box supported against something as far as possible and avoid lifting it.



Place the pallet close to the shelf and so that you can access it from three sides - make sure there is space to work.



Turn the box so the long side faces towards you, then lift the box onto the front edge of the shelf.



Slide rather than lift the box into place on the shelf - so you save your strength.



Use the pallet and then the floor to support the box while sliding/pulling the box instead of lifting it.



Slide the box to the edge of the shelf and then tilt it up onto the front edge of the shelf.



With part of the box supported on the edge, tilt the remaining part up and slide the entire box into place - instead of lifting it.

### MECHANICAL AIDS

For advice on procurement and use go to [www.hvordandubedst.dk](http://www.hvordandubedst.dk)



Pallet truck



Table trolley

### REMEMBER TO

- Place the pallet close to the shelf and so that you can access it from three sides
- Make sure there is space to work
- Use the base as support - and save your strength
- Slide the product - push/pull instead of lifting
- Keep your nose and toes pointing in the same direction