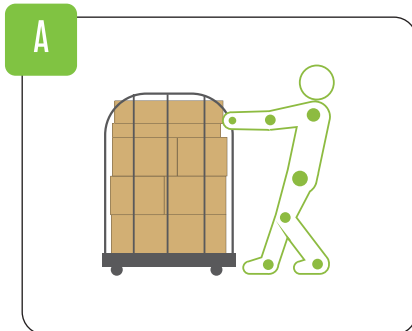




When moving roller cages

Roller cages are often used for internal transport of goods and for transport between businesses. Here you will find good advice on how to best pull and push roller cages.



Keep your arms stretched and lean backwards when pulling the cage.



Brake the cage by putting one foot in front of the other and use your body to push back.



Stand with one foot in front of the other and slightly bent knees when pushing the cage.



Push on the side of the roller cage to change direction.



Keep your distance to avoid finger injury.

Technical aids



An electronic catalogue of technical aids.

www.teknisk-udstyr.dk

Remember!

- ▶ Get a good hold with both hands – at approx. chest height.
- ▶ Pushing puts less strain on your body than pulling.
- ▶ Avoid twisting your back by keeping your nose and shoe toes in the same direction.
- ▶ Push on the side when changing travel direction.
- ▶ Use your body weight and leg muscles when pulling and pushing.
- ▶ Work at a steady motion and avoid jerks, especially by starting and stopping.