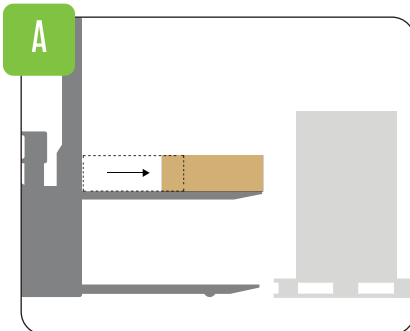


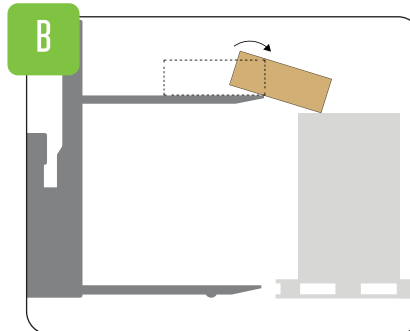


# When loading large heavy boxes high up

Stacking large heavy boxes high up requires the use of technical aids – in this case a fork stacker. Here you will find good advice on how to load a large heavy box on top of a high pallet.



Pull and push the box towards the end of the forks.



Push at the back of the box and let it slide on the surface.



Stand close to the box with slightly bent knees and hips.



Keep your back straight and shift your weight from the foot behind to the foot in front.



When pushing, stand sideways with slightly bent knees and one foot slightly in front of the other.

## Technical aids



An electronic catalogue of technical aids.

[www.teknisk-udstyr.dk](http://www.teknisk-udstyr.dk)

## Remember!

- ▶ Use suitable technical aids.
- ▶ Always agree in advance who is in charge.
- ▶ Let the box rest on the surface.
- ▶ Pull and push the box into place.
- ▶ Use your leg muscles and shift the weight from the foot behind to the foot in front.
- ▶ Work at an even and steady pace.