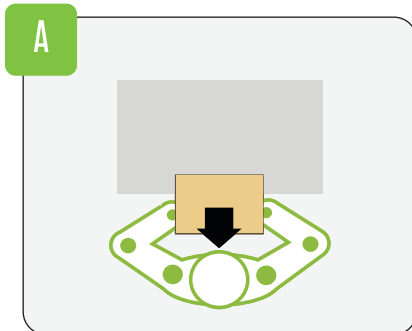




When lifting boxes placed high up

Sometimes you need to get a box from a position high up. Here you will find good advice on how to best lift boxes that are placed high up.



Lift close to and straight in front of your body.



Let your body support the box until it has a good lifting height.



Wriggle the box free and pull it to the edge of the lower layer.



Turn the long side towards your body.



Get a good hold around the ends of the box and lift it close to your body.

Technical aids



An electronic catalogue of technical aids.

www.teknisk-udstyr.dk

Remember!

- ▶ Get close to the box and turn the long side towards you.
- ▶ Get a good and firm hold around the short ends of the box.
- ▶ Lift close to and straight in front of your body.
- ▶ Let your body support the box when lifting.
- ▶ Nose and shoe toes in the same direction to avoid twisting your back.