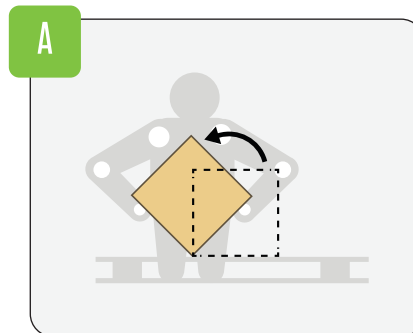


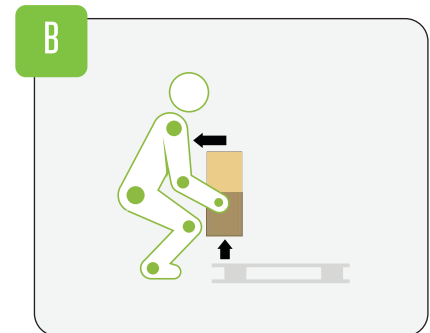


When lifting boxes from floor level

Getting a good hold of boxes that have no grips or handles can be difficult. Here you will find good advice on how to best lift boxes from floor level when the use of technical aids is not possible.



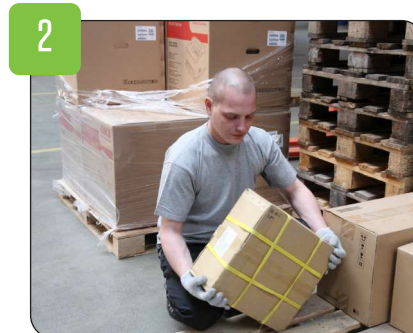
Tip the box to get a higher gripping point.



Use your thigh muscles when lifting. Hold the box close to your body.



1 Work close to the box. Bend your knee and hip joints and pull the box out to the front end of the pallet.



2 Get a higher grip by tipping the box diagonally so it is resting on one edge.



3 The edges and corners of the box provide a good gripping point.

Technical aids



An electronic catalogue of technical aids.

www.teknisk-udstyr.dk

Remember!

- ▶ Avoid bending your back when lifting from floor level.
- ▶ Tip the box diagonally to get a good gripping height.
- ▶ Bend your knees and hips when lifting.
- ▶ Lift the box close to and straight in front of your body.
- ▶ Keep your back straight.
- ▶ Use your thigh muscles when lifting.
- ▶ Nose and shoe toes in the same direction to avoid twisting your back.