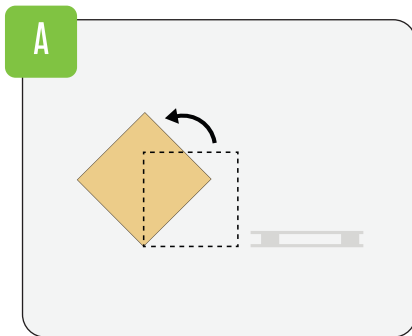




When lifting heavy boxes from floor level

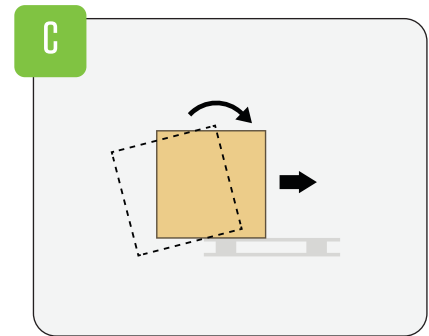
Big boxes may be heavy or difficult to move around. And the use of technical aids such as a pallet truck may be required. Here you will find good advice on how to best move heavy boxes from the floor onto a pallet.



Tip and edge the box.



Twist the box in over the edge of the pallet.



Tip the box onto the pallet – push and pull into place.



Get a good hold.



Make sure you have plenty of space. If you need to twist the box to the left – put your right foot in front.



Tip the box onto the edge and twist it in over the pallet – and let the box rest on it.

Technical aids



An electronic catalogue of technical aids.

www.teknisk-udstyr.dk

Remember!

- ▶ Avoid lifting and carrying heavy loads.
- ▶ Tip, edge and twist the box into place.
- ▶ Use the surface as support – it saves your strength.
- ▶ Push or pull – rather than lift.