



# When handling table tops

Here you will find good advice on how to best handle long and heavy table tops.



1 When table tops are stored lying in e.g. cantilever racks, you can use suitable technical aids for handling them.



2 Plan the lift. Ensure plenty of space in the work area. Short carrying distance and proper lifting height. Lower the sides on the trailer and use the truck.



3 Call a colleague and stand at each end of the table top. Agree in advance who is in charge of the lift.



4 Stand with your legs slightly apart close to and in front of the table top. Slightly bend your knee and hip joints. Get a good hold by pulling and tipping the table top clear of the stack.



5 At the agreed signal, lift by stretching your knee and hip joints and keeping your back straight. Lift the table top onto the trailer by moving sideways.



6 At the agreed signal, put down the table top by bending your knee and hip joints.

## Technical aids



An electronic catalogue of technical aids.  
[www.teknisk-udstyr.dk](http://www.teknisk-udstyr.dk)

## Remember!

- ▶ Arrange the warehouse and sales area in a way that allows plenty of space for the use of suitable technical aids.
- ▶ Plan the lift to be carried out between knee and elbow height and with a short carrying distance.
- ▶ By two-person lifting you must agree in advance who is in charge of the lift.
- ▶ Only lift with a colleague who is of same height and strength as you.
- ▶ Avoid mixing wheeled traffic and foot traffic. Ask the customer to stand clear at a safe distance.