



# Tips and tricks for handling sacks from a pallet rack

Here you will find useful tips on how to easily improve conditions of space, working height and reach distance to items to be picked from pallets on a rack.



**Tip no. 1:**  
Get a good hold at the top of the sack and pull it out to the front end by shifting your weight from the leg in front to the leg behind.



**Tip no. 2:**  
Pull the pallet clear of the rack to allow you to work in an upright posture with at least 1 x 1 metre free space in the work area.



**Tip no. 3:**  
Raise the stack by means of extra pallets if your working height gets too low.



**Tip no. 4:**  
Avoid long reach distances. If the pallet has been picked in a way that most sacks are placed at the back, turn the pallet to get the sacks closer to you.



**Tip no. 5:**  
If you need to lift more than just a few sacks, pay attention to proper working height. Use technical aids or get a colleague to assist you.



**Tip no. 6:**  
Use a forklift truck whenever possible, e.g. when getting heavy pallets in and out of the pallet rack or when you want to avoid low lifts to and from the pallet.

## Technical aids



An electronic catalogue of technical aids.

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

## Remember!

- ▶ Make sure there is plenty of space in the work area.
- ▶ Arrange your work area to get a proper working height and short reach distance.
- ▶ Get a good hold and use your leg muscles when lifting.
- ▶ Lift close to and straight in front of your body.
- ▶ Always use a suitable technical aid whenever possible.