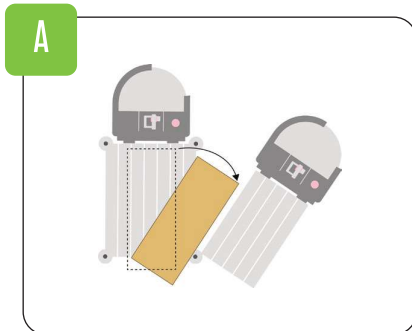


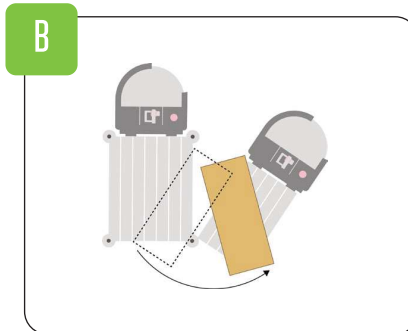


## When lifting long flat boxes

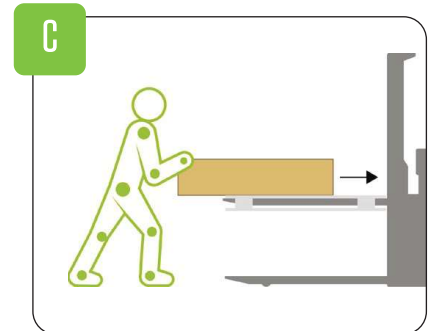
Long flat boxes should be handled by two persons. Here you will find good advice on how to best lift long flat boxes together with a colleague.



Twist the box clear of the surface to allow both of you to get a good hold.



Make room for the lift by placing the box across the pallet.



Push the box into place.



Park the two pallets to ensure plenty of space and a short lifting distance.



Get a good hold around the ends of the box at a good lifting height – about hip height.



Keep your back straight and use your leg muscles for lifting.

### Technical aids



An electronic catalogue of technical aids.

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

### Remember!

- ▶ Always agree in advance who is in charge of the lift.
- ▶ Slightly bend your knee and hip joints – and use your leg muscles.
- ▶ Twist the ends of the box clear of the surface to make room for the lift.
- ▶ Push or pull the box into place.
- ▶ Get a proper working height by means of technical aids.