



When handling sacks from a proper working height

Here you will find good advice on how to best lift sacked goods in a specially arranged sales area.

1


Ensure plenty of space in the work area. There should be at least one metre free space between car and pallet.

2


Stand close to and straight in front of the sack to be picked up.

3


Get a good hold with both hands and pull the sack close to your body.

4


Keep your back straight and lift by stretching your knee and hip joints.

5


Get close to the car. Slightly bend knee and hip joints. Put down the sack close to your body and roll it into place.

6


Use a suitable technical aid whenever possible.

Technical aids



An electronic catalogue of technical aids.

www.teknisk-udstyr.dk

Remember!

- ▶ Park to allow plenty of space in the work area. You need at least one metre between car and pallet.
- ▶ Lift close to and straight in front of your body.
- ▶ Keep your nose and shoe toes in the same direction – to avoid twisting your back.
- ▶ Avoid carrying the sack more than two metres.
- ▶ Put down the sack close to your body and roll it into place.
- ▶ Use a technical aid whenever possible.