

# Changing rack heights

Reduces awkward lifting

## Description

Lifting items from the floor and the lowest racks can result in awkward postures – bending, twisting, reaching – due to the low height and having to duck under the rack above. Raising rack heights provides better access to materials that are stored there, allowing them to be lifted using better postures. This reduces the risk for back and shoulder injuries, especially when handling heavy objects.



The old way: Lifting under a low rack results in bending, twisting and reaching.



The new way: Raised rack provides more headroom, better lifting posture.

For more information about this idea, e-mail an LNI ergonomist ([ergonomics@LNI.wa.gov](mailto:ergonomics@LNI.wa.gov))