



# THROWING WRAPPERS



- Only throw one wrapper at a time.
- Coil medium length wrappers 3 times. Coil long wrappers 4 times.
- Stand with wide stable stance.
- Do not turn your back on the truck.

**Whenever possible the Loader operator should drape wrappers over loaded trailer with machine to eliminate the need to throw wrappers.**



- Keep chin tucked.
- Stabilize throwing shoulder by pulling shoulder blades back and down.
- Bend slightly at knees.
- Contract abdominals 30% while throwing.
- Do one short pre-load arm swing.
- Throw with a smooth, controlled movement.



- Throw with shoulder at 45° angle from midline of body.
- Release cable when throwing hand reaches shoulder height (90°).



- Ensure proper follow through as arm swings above shoulder height.
- Do not suddenly or forcefully halt swinging motion.
- Do not rotate torso beyond 45° from midline of body when twisting to throw.