



## BREAKING APART STUCK BAGS

If you find that the bag or sack you want to pull off the pallet is stuck, how would you go about breaking it free. Since you don't want to use your back, let's look at using your legs for the job. To pull at the bag with your legs, make sure you are using a wide stance with your knees bent so the power of the pull is coming from your legs, not your back. If you have to push up on the bag to unstuck it, step in a little closer and push up with your legs and arms. Both of these methods will give you twice the strength of using your back because your legs are where your power comes from!