



## FOLDING THE MAIL CART

Folding and lifting the mail cart can be strenuous if you don't use your legs. As in the sequence above, this Postal Worker tips the cart back onto its' handle, all the while in a wide PowerLift Stance. Keep your wide stance as you fold up the legs of the cart and use your legs when you lift it into the back of the truck. Note also, the Golfers Bend she is using to push the cart farther back into the cargo area. Always protect yourself with PowerLift!