



STANDING UP THE HAND-CART

Reaching down for and picking up light objects like the handle of the hand cart, might seem like an innocent enough job, until you take a closer look. Picking up small, light things with your back actually means that you are picking up the weight of the object *plus* the weight of your upper body. Your lower back does not know what is loading it when you lift, so when you back lift, the load is whatever is weighing down on the back. Be aware of you upper body weight and keep it off of your back by using POWERLIFT®. That will take you a long way toward staying healthy throughout you working carrier!