



SLIPS, TRIPS & FALLS GETTING OUT OF A RUT

To push your cart out of a rut, be sure to use your legs not your back, like the person in the upper left. Instead, <u>step back with one foot</u>, place <u>both hands</u> on the handle and <u>push off with your legs</u>. This method is not only easier on you but also faster than the old way!