



LIFTING FROM GROCERY CARTS USING LEAN-BAR TECHNIQUE

Using this method to lift heavy items out of a grocery cart may look awkward but is actually a great way to lift. To try it, step up close to the cart at a slight angle and put one foot up on the frame of the cart. Now with your knees bent slightly, you can lean into the cart as you lift. Leaning into the cart and using your legs will tend to transfer the weight of the load back to the cart and away from your back. If you wish, you can set the load down on the top of the cart as you pull your foot down, then re-lift it with your legs to carry it away. If you are willing to try it, you will find that this lift works great!