



LIFTING THE MAIL CART

Lifting the mail cart can be made easy by learning to use your legs for the job. First, keep a wide PowerLift Stance to remove the mail bags. Then reposition yourself at the corner and over the wheel of the cart for the lift. It is a good idea to place the front wheel first so that the floor of the truck is holding the weight of the cart instead of you. Then it becomes much easier to complete the lift and push the cart into the cargo area.