



PULLING THE HAND CART UP STEPS

Pulling a heavy hand cart up steps can really load up your back. Using your legs is crucial to avoid a strain or even worse a sprain to the back. The key to using your legs is to have one foot on the step above and one foot on the step below, in other words, have your feet on different levels. With your knees bent you can then use your legs to pull the cart up one step at a time. Going up one step at a time is the way to make this job the easiest and the best way to protect your back!