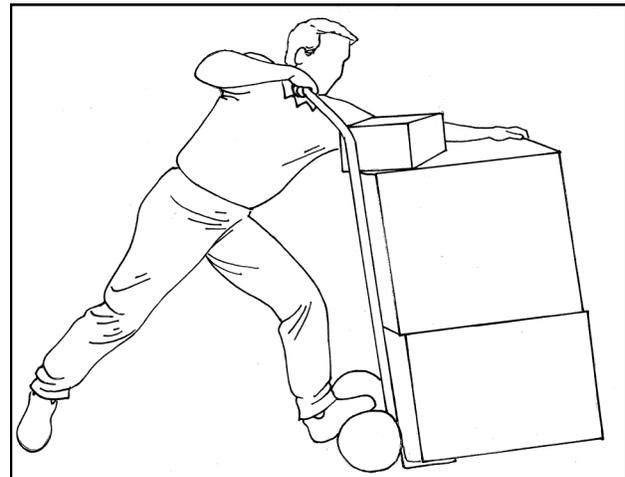
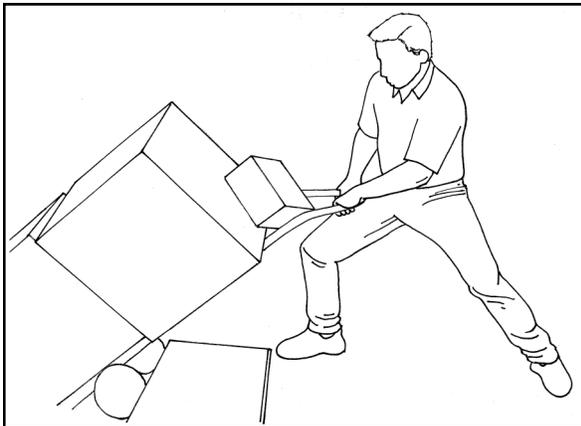


When using a dolly to move heavy boxes never use your back to bring the load up like you see here. This puts a sudden jolt to the back that can result in a ligament or muscle tear.

Instead, keep your back in neutral by extending your back leg out as far as you can as you use your body weight to tip the dolly and the load.



Also remember to use a POWERLIFT® stance when going up and down curbs and steps. It is very easy to pull a muscle or tear a ligament if you raise or lower the load with your back. Always keep your back out of the job by using your legs.



USING THE DOLLY