



LIFTING HEAVY ITEMS FROM THE GROCERY CART

The next time you have to lift something heavy from a grocery cart, try this method. As in this case, stand at a slight angle to the cart, facing toward the front. Put one foot up onto the bottom rail of the cart as you lean into it with your opposite hip. Your bottom foot will keep the cart from rolling away as you lift the load. Set the load down onto the side of the cart to reposition your grip, then carry it away. This might seem strange, but it will make it much easier to lift things out of a deep grocery cart!