



GOING DOWN THE STEPS WITH THE HAND CART

Going down steps with a heavy hand cart is easier than going up but still requires lots of strength to control the load so it doesn't go crashing down, out of control. The strongest position for your legs when doing this job is to always keep your feet on different levels with your knees bent. That way you can use all the power of your legs to gradually lower the load, one step at a time. Using your legs is always a better idea than using your back!