



## LIFTING FROM FLATBED CARTS

Lifting and working off of a flatbed cart is like working from a pallet - you should always try to stand at the corner in a wide POWERLIFT® Stance. Standing at the corner gets you much closer to the load than does standing at the side. Using your POWERLIFT® Stance lets your legs do the work instead of your back.

If you must stand at the side of the cart, always keep a wide stance. The wide stance gets your knees out of the way as you reach and lift items and keeps your back out of the lift. This is the way to avoid long term strain on the back which will lead to an arthritic back long before your time.