



## LIFTING FROM GROCERY CARTS

Try to never, ever lift out of a grocery cart like the worker above. This is back lifting and can hurt you more than you would ever want. Instead, try using a wide POWERLIFT® stance for the job. Simply stand as close as you can to the cart, bend your knees and lift with your legs. The trick to making this type of lift easy, is to lock your arms at the elbows for the very first part of the lift, then as your legs begin to lift it a few inches up out of the cart, begin to use your arms. This requires just a bit of coordination but will end up making the job much easier on you!