



LIFTING FROM THE GROCERY CART

Lifting from a grocery cart can be very awkward especially if the item is heavy. To use your legs when lifting from the basket of the cart, use a wide **POWERLIFT®** stance and get as close as possible to the side. Then be sure Tip-the-Load and lift the item out with your legs.

Lifting from the bottom of the cart is best done in a Tripod stance. However, once you have the item out from under the cart you may wish to come up onto both feet and once again use a **POWERLIFT®** Tip-the-Load to lift it.