



LIFTING PARTS FROM THE TOP OF THE CART

Even though the top level of the parts cart is at a convenient level, bad habits very often have us bending and twisting the back to lift. Your back is not designed to bend and twist at the same time as you lift and this is actually the most common way that people injure themselves. To avoid injury, always approach your work with a wide POWERLIFT® stance. In the case of a parts cart, you can even put one foot along side one end of the cart which will put you even closer to the load. Then, instead of bending at the waist to lift, bend your knees to lift the load. Always bend your knees to lift so that your back stays healthy and you can continue to work and play as you like!