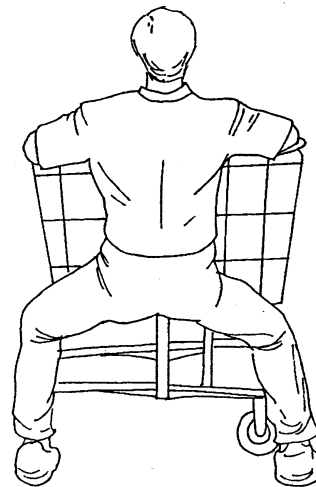


Here is a great way to lift mail from the WUC. Instead of keeping both feet on the floor try putting one foot up onto the front frame of the cart with your opposite hip or thigh leaning into the upper frame of the cart. This way as you lift the weight of the load is transferred to the cart and away from your back. Look at the illustration carefully and note the positioning of the feet and legs. Positioning is very important to make this technique work for you. It is especially handy if you are a short individual. This method will make lifting out of the WUC much easier for you.

If you are tall or the item you want is at the top and easily accessible, you may wish to use a wide stance POWERLIFT®. Just remember to always keep a wide stance as you lift. PowerLifting keeps the load off of your back and puts it on your legs where it belongs.



You can also use a Golfer's Bend to reach in and lift from the WUC. Just make sure to touch your stomach area to the side of the WUC for balance as you remove the mail.

LIFTING FROM THE WALKING UTILITY CART