



When pulling sacks and pouches from the Platform Truck you can increase the efficiency of this task by keeping a wide stance and pulling the load right between your knees. Note that as you accomplish this task there are times you need to stand at different angles to the Platform Truck. You will find that no matter what angle you use, a wide stance will always make the job easier.

- ▶ Practice pulling sacks and pouches from the Platform Truck in wide stance with an emphasis on pulling the load to you between your knees. You will find that this technique is much easier, quicker and more efficient than using your back ever was.

## **PULLING SACKS AND POUCHES FROM THE PLATFORM TRUCK**