



PULLING THE PALLET JACK

To pull the pallet jack, imagine yourself being a participant in a Tug-of-War contest. To get the most strength, you would automatically take a wide stance, bend your knees to lower your center of gravity, and pull with your legs, arms, upper body, and your body weight. That is the same technique to use when pulling a loaded pallet jack. The hardest part is to get the load moving, so that is when you need the most strength. Use all of your body strength to pull, not just your arms and back.