



When pulling, use the same stance you would use if you were in a Tug of War contest. Pull from the front of the cart at a 45° angle to the handle utilizing wide stance. Use your legs to pull the cart, not your back. To get the cart moving, pull with a moderate, steady pressure, rather than several sudden jerks. To stop a heavy cart, step in front of the cart with a wide stance, 45° angle to the cart, and use your legs to stop the momentum of the forward moving cart.

PULLING WHEELED RACKS AND CARTS