



## UNLOADING THE BOTTOM OF A STOCK CART

Unloading items from the bottom shelf of a stock cart can be done entirely with your legs if you position yourself correctly. Note above, that as this worker approaches the cart, he has opened up his stance with one foot close and the other farther out. That way he can bend his knees to grasp the item on the bottom shelf without using his back or clunking his head on the edge of the cart. This is using **POWERLIFT®** and is the best way there is to protect your back and keep you healthy and able to work!