

REACHING INTO THE DOOR FOR FREIGHT

When you reach into the truck from the passenger door, <u>put a foot up on the step</u>. As you pull the load toward you, <u>set it on your thigh</u> and <u>let it ride your thigh as you</u> <u>walk</u> with it. This will take all the weight of the load off of your back and put it on your legs where it belongs!

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