

HANDLING MILK CRATES

When you bring a heavy milk crate down from a tall stack, you don 't want to bear the weight of the crate with your back. Instead, <u>unload the weight of it to your thigh</u>, by simply bringing it down to your leg as it moves down. Once it is on your thigh <u>leave it there as you walk</u>. That way, all the weight is on your legs and not your back!

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