



LIFTING A CONTAINER WITH ONE HAND

You can safely lift a heavy container with one hand if you Bridge your free hand to your thigh. To do this, begin by standing at an angle to the shelving as this gets you close to the load but still leaves room to handle the item. As you Bridge to your leg, reach for the container with your other hand and pull it to you. Then grasp it with both hands and walk away with it. This is an easy, safe way to handle containers with one hand!