



LIFTING FROM A LOW LEVEL

You can make lifting a heavy load from a low level easy if you use a twice shoulder width stance and keep the object close to you. As seen above, the lifter has moved the wheeled cart close to himself. Then instead of lifting straight up, he tips it off the edge of the cart so that he can grasp the corners of the item. He can then keep it really close as he lifts it. This is a great way to handle heavy items as you lift them!