



## LIFTING FROM SHELF TO CART

You can move a load from the shelf to the cart without taking a step if you set yourself up correctly. As seen above, <u>move the cart close to</u> the shelf then stand in a wide stance at an angle to the shelf and the <u>cart</u>. You can then pull the item to you and move it directly to the cart all at the same time. But remember, if the item is too heavy, get help!!