



LOADING THE FREIGHT CART

Here's a great way to load freight coming off of a mid-level pallet stack. Stand in a wide **POWERLIFT®** stance with one leg held close to the stack. Then as you reach and bring the load towards you, slide it up onto your thigh. Now your thigh is holding the load and not your back. As you turn to face the freight cart, keep the load on your thigh and use your last step to put you into a wide stance once again. Then as you place the load onto the cart, your legs will be doing the work and not your back!