



PUSHING THE STOCK CART

Try not to pull the stock cart with just one arm because it will wear on your shoulder. Here is a great way to *push* the cart instead. Grip the cart as seen above but the really important thing is to keep your pushing elbow tucked in close to your body. And remember, to get the cart moving, pull with both of you hands from the front of the cart. Once it is rolling you can step to the side and begin pushing it with one hand!