



UNSTACKING MILK CRATES

Lifting a milk crate from a stack that is too high can be hard on your shoulders and your back. To make it easier, reach up and grasp the top crate but bend your knees at the same time. Then, keeping your elbows locked, push up with your legs by straightening your knees. With a little practice, you will find this to be a really easy way to unlock the crate to bring it down to you!