



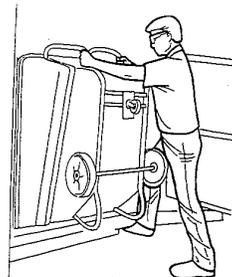
Approach at the corner



Tip with your legs



Grasp the lower handle



Finish tipping as you stay in wide stance

EMPTYING WHEELED DUMPSTERS

To do this, approach the back of the dumpster from a 45 degree angle. Your foot needs to be placed around the side of the dumpster, rather than having both feet behind the dumpster. Then, using a wide stance, use your legs to tip the dumpster up. Be sure to stand very close to the dumpster so that the corner of the dumpster is between your knees. This will make lifting even heavy dumpsters much easier.