



GLASS CART - TEAM LOADING

You can use your legs to load the glass cart with another person as in a team lift. What you must understand, is that if you stand holding the glass with your knees straight, you will put the load on your back. But, as soon as you bend your knees and take a wide stance, the load moves off of your back to your legs. That is the thing about using your legs, you don't have to be bending over to use them. Your legs will take the weight of the object, even if you are just standing, if you bend your knees. Don't wear your back out, instead make your legs do the work!