



HANDLING A WHEELBARROW

Going under a chute to pull a wheel barrow out is asking for trouble because the tight space forces you to use your back. A much better way is to pull the wheelbarrow out from the side of the chute. Bridge to the frame as you pull with one hand to rotate the wheelbarrow for easier access. Then, once you can get at the handles, lift it in a wide stance with your knees bent. And remember, in order to fit between the handles with your wide stance, stand at a angle to the handles, as seen above. This is using **POWERLIFT®** to your advantage, keeping your back safe and able to work again another day!