



HANDLING THE STAIRWAY

Applying the brake on the stairway takes a lot of strength and you will no doubt use your legs out of necessity. But pushing and pulling the stairway should also be done with your legs. When pushing, step back into a wide stance and push off with your back foot. When pulling, use the same technique you would at a 'tug-of-war contest'. Get a wide stance at an angle to the load, bend your knees and drop your butt to use your body weight, as you pull with your arms and legs. This is a very strong way to pull and keeps your back completely out of the effort!