



INSERTING TRAYS

Never insert trays with you back like this. When you use your back this way you are actually lifting the weight of your upper body plus the weight of the tray.

Instead try this. Stand at an angle to the cart (as seen above), with a wide POWERLIFT® stance and bend your knees as you go down with the tray. Once the far edge of the tray is resting on the lip of the cart, bridge one hand to your thigh. The bridge transfers all of your upper body weight to your leg, bypassing your back. Then, you can push the tray in with your other hand as you hold the bridge. Use your wide stance technique even as you move up the levels of the cart.

Remember also to insert trays from the bottom up. That way you will have plenty of room to use your POWERLIFT® technique!