



Grocery carts are probably one of the most difficult things to lift from. Unless you are quite tall the high sides of the cart make it hard to reach in. To take the strain out of this work try using a POWERLIFT® and tipping the load as you see in this illustration. And for small items like cans, remember that a Golfer's Bend will work really well. Using these two techniques will go a long way toward protecting your back.

When reaching under the cart for groceries it becomes difficult to use a POWERLIFT® because the top of the cart gets in the way. In that case use a Tripod Lift to go down to reach items. Remember as you rise up put the item you are lifting on top of your thigh and let your legs do the lifting.



LIFTING OUT OF THE GROCERY CART