



LIFTING THE MAIL CART UP A CURB

When you lift your mail cart up a curb, don't use an <u>overhand grip</u> like you see in the first illustration. This forces you to use your upper back to lift the cart. Instead, put <u>one hand under the handle</u>, <u>bend</u> your knees just a bit and lift with your legs. Your legs are twice as strong as your back and can do the job quickly and easily!

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