



## LOADING FREIGHT TO THE HAND CART

Whenever handling boxes of freight be sure to use your legs. This is a repetitive lifting task that will not wear on you if you only have one load but will stress your back when handling many loads. Use a wide POWERLIFT® stance and your legs to lift the freight from the floor of the truck and also when you put it down onto the hand truck no matter which level you are at. Remember, it is the repetitive use of your back that will make you