



PULLING ON CARTS - GRIP TECHNIQUE

Here is the secret to adding strength to your pulling effort. Notice the grip that this worker is using, above. He has his 'inside' hand *above* and his 'outside' hand *below*. Having both of your hands at the same level will rob you of strength for the pull. Instead, grasp the cart with one hand up and the other hand down. That will lower your center of gravity so that you can use your body weight to help with the pull and it will give you more traction. This is a great way to pull and will give you lots of strength, plus keep the load off of your back!