



PULLING GLASS FROM THE CART

When you pull glass from the cart, do not fail to use your legs. Glass sheets are heavy and bulky and will put too much weight on your back unless you use a wide stance and bend your knees. Put yourself into a wide **POWERLIFT®** stance before you even begin to pull the glass and stay that way until it is all the way out and you are lifting it to move it. Using your legs is the only safe way to work as far as your back is concerned and will keep you healthy and able to work for your entire working lifetime!