



PULLING CARTS AND RACKS

Pulling a cart or rack can be done very effectively and safely if you consider the following. The best way to think about pulling is to imagine that you are at a picnic and are competing in a 'Tug-of-War' contest. When you get ready to pull on the rope, you will naturally take a wide stance and bend your knees. When the contest begins, you will also very naturally drop your rear so as to put your body weight into the mix, plus you will push with your legs and pull with your arms. Pulling on a cart is no different, in that you need to get into a position of strength before you pull. Think of a Tug-of-war when you begin to pull and you will add strength and safety to the task every time!