



PULLING TRAYS

Never pull trays with your back like this. When you use your back this way you are actually lifting the weight of your upper body plus the weight of the tray.

Instead try this. Stand at an angle to the cart (as seen above), with a wide POWERLIFT® stance and bend your knees. Next, bridge to your leg with one hand while you pull the tray with the other. As the tray is pulled to you, grasp the opposite side with your free hand and lift it with your legs. Remember to rotate it as it comes up. This way you are lifting the tray with your legs and not your back.

Remember also to pull trays from the top on down. That way you will have plenty of room to use your POWERLIFT® technique!