



## UNLOADING THE TOP SHELF OF A STOCK CART

Unloading items from the top shelf of a stock cart can be done entirely with your legs if you position yourself correctly. Note above, that as this worker approaches the cart, he has opened up his stance with one foot close and the other farther out. That way he can bend his knees and pull the item to him without using his back or losing his balance. This is using **POWERLIFT**<sup>®</sup> and is the best way there is to protect your back and keep you healthy and able to work!