



## UNLOADING THE TRUCK WITH THE HAND CART

Unloading a truck to a hand cart requires lots of repetitive bending and lifting. Using your back for this job, day after week after year can eventually wear you down and make you old before your time. To avoid all that wear and tear, remember to use a POWERLIFT® Tip-the-Load as you lift cases from the stack. Then just as important, step into a wide stance and use your legs to place the case onto the hand cart. Your legs are made to do this kind of work over many years, unfortunately, your back is not. Protect yourself and always use POWERLIFT®.