



HANDLING HAY BALES

POWERLIFT® Training for the AGRICULTURE industry centers around the many and varied tasks these workers must perform. They are taught methods of handling machinery, livestock and the various implements common to this type of work. Pulling, pushing, bending, reaching, sitting, standing and lifting are all taught using the five POWERLIFT® techniques of material handling. Because these workers must face such a large variation in tasks they are also taught the types of stretches that are necessary to create the flexibility needed to avoid injury in cases of sudden stresses. An example could be the sudden and powerful push one might get from a large animal that is being worked with. Maintaining the correct work postures and flexibility while doing these tasks can help them to avoid injury from sudden, unexpected movement.

AGRICULTURAL WORKERS