

There are several different methods to use to avoid back lifting when handling buckets. All use POWERLIFT® but in slightly different configurations.



**One bucket lift:** To lift one bucket or something like a bucket, simply step directly over it in wide stance. With knees bent, use your legs to lift the bucket and take it away. Remember that lifting the bucket from the side is an asymmetrical one sided lift that places your back in a bend/twist position. It is always better to step over the bucket, grasp the handle with one or both hands and POWERLIFT®.



**Carrying one bucket:** If you have a sealed bucket or a bucket with non-spillable material in it (such as a bucket of nuts and bolts in your shop or a bucket of dirt for your garden) you will find the easiest method to carry it is on your thigh. To do this, step over the bucket and with both hands on the handle, with palms facing your body, POWERLIFT® the bucket up to your thigh. With both hands still on the handle and the bucket resting on your thigh, you will find that it is relatively easy to walk with the bucket. Your thigh in this case is carrying 1/3-1/2 of the weight of the bucket, taking the load off of your back. If you have an unsealed bucket that is full of liquid, you will not be able to place it on your thigh. However, remember the bucket still needs to be lifted even if you have to carry it at your side as you transport it. By using POWERLIFT® to lift the bucket you have eliminated at least one bend/twist from the usual 5,000 that we tend to do in a month.



**Two bucket lift:** Most people, when they lift two buckets, will stand between them and do a half leg half back lift. To take your back completely out of the lift, stand in between the buckets but at a wide stance with your feet placed at a 45° angle to the line the buckets form. As an example, if you are right handed you may put the right hand bucket behind your right foot with the left hand bucket in front of your left foot. Then reaching back behind you with your right hand and in front of you, with your left hand, you will be in a perfect non-twisted position to POWERLIFT® the buckets. As you lift, swing your feet between them for a normal walking stride and carry the load. To set them down in this fashion try to take your last step with your right foot, swinging the right bucket behind your right foot and placing the left one in front of your left foot and leg. This results in a very clean and efficient POWERLIFT



**Tip the Load:** If you have a sealed bucket with relatively non-spillable material in it, you can lift and carry it without the handle. Stand over the bucket with one foot kicked out far enough to create a space to tip the bucket. Then, using POWERLIFT® and grasping the bucket with one hand at the top rim and the other at the bottom rim, lift the load and move it.

## BUCKETS