



## EMPTYING BUCKETS

Use the POWERLIFT® Bucket Technique as you lift the bucket to be emptied.

To do this, step over the bucket in wide stance and let your legs do the lift instead of your back. To empty, remain in wide stance. This way your legs carry the load throughout the entire procedure rather than your back. Also, a smart move is to let the bucket teeter on the edge of the container it is being emptied into, to further make the job easier.