



## HANDLING CARGO BOXES

This job and tasks like it can be made much easier and safer by using your legs instead of your back. To lift the end of a box by the handle, use your **POWERLIFT®** stance with one hand plus bridge to your opposite leg with your other hand. This is a very strong way to lift and keeps your back out of the job. Once the cargo box is up on the edge of the box below you can use **POWERLIFT®** teeter and slide the load up to the top. This is called saving your back for your retirement years!