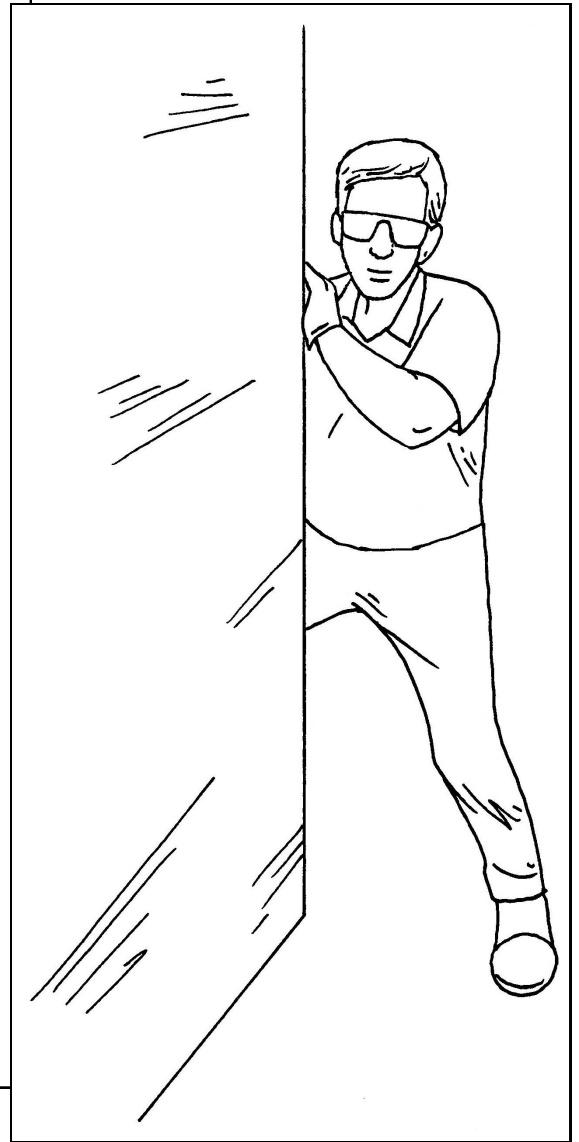
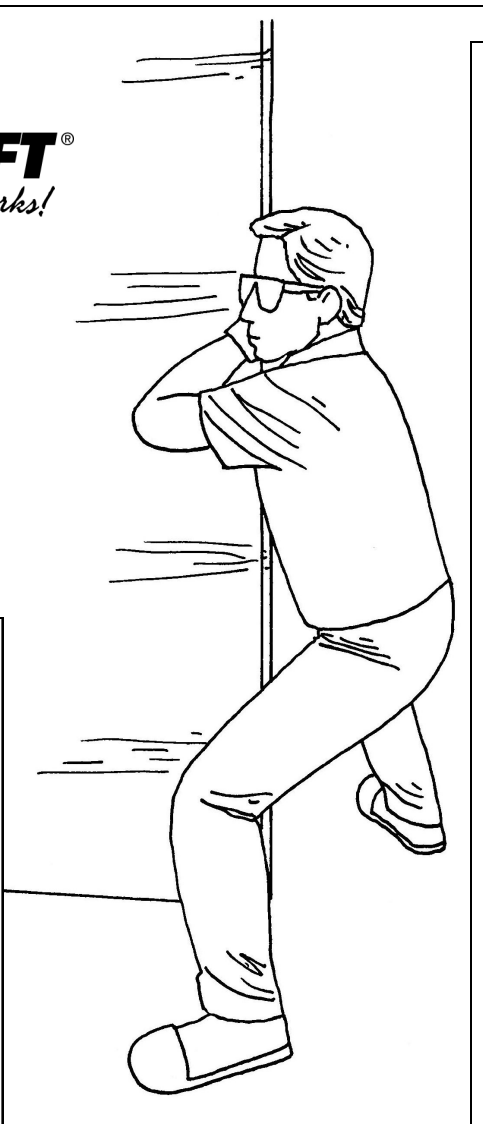
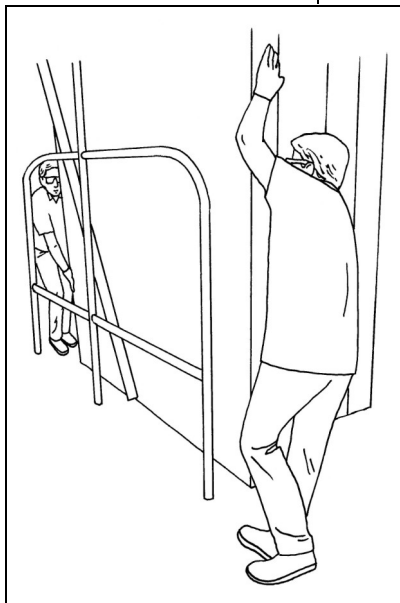


POWERLIFT[®]
Lifting Training that Works!



HANDLING PATIO DOOR UNITS

Please don't ever try and handle a patio door unit like you see on the bottom left. These wrapped units are much too heavy to lift with your back and can actually tear a ligament so bad that it could put you out of work and take away your ability to work forever. Handle them with your legs in a wide stance and with your knees bent. Your legs are twice as strong as your back and are made to handle heavy loads like this. If you think that you are not strong enough to do this job, tell your supervisor before you get hurt. Always protect your back, it is your livelihood!