



HANDLING SACKS OF PRODUCE

Pull the sack to you using a wide POWERLIFT® stance. Let your legs do the work instead of just using your upper body and arms to do the pull.

Stay in a wide POWERLIFT® stance to lift the sack with your legs.

In this illustration, the worker has kept his wide stance and because the pallet is parked right next to him, he can move the sack directly to the pallet without even taking a step. The wide stance allows the hips to take up the movement and the legs to hold the weight of the load. Doing this in a narrow, back lifting stance, would cause your back to not only lift the load, but also to twist, as the sack is transferred to the pallet. Always, keep a wide stance when handling sacks.