



## HANDLING THE DOCK PLATE

The dock plate is a large, heavy and bulky object that lends itself perfectly to a POWERLIFT®/Tip the Load technique. By its very nature, the dock plate will usually be lifted in wide stance, however many of us forget to stand over the load to get close to it. Remember even in wide stance, if you are not close to the load, it will still stress your back. Learn to step over the dock plate at the corner at a 45° angle and use POWERLIFT®.

To maneuver the dock plate, use the standard POWERLIFT®/Tip the Load technique. Instead of dead lifting the dock plate, it can be made easier to handle by simply tipping it up on a corner. This not only keeps you close but also creates various hand holds for you to better manipulate this bulky piece of equipment.