



HANDLING THE GPU CABLE

The cable for the GPU is heavy, clumsy and must be lifted and moved. The best way to do this is with a wide stance **POWERLIFT®**. Note that when reaching to the tarmac to lift the cable this worker is using his POWERLIFT® technique and is also bridging to his leg for added strength. For all the other actions of pulling and lifting the cable he also uses his legs. Your legs are twice as strong as your back.

Use them to work smarter, not harder!