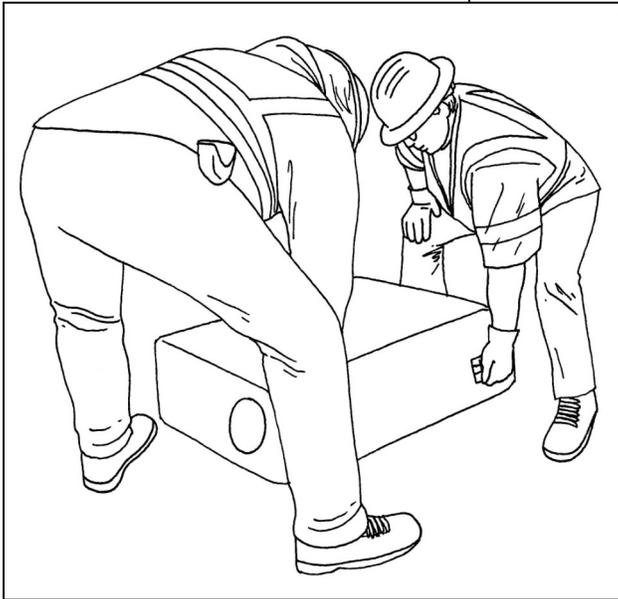


POWERLIFT®
Lifting Training that Works!



LIFTING AN ADIEM ATTENUATOR BLOCK FROM THE GROUND

Here 's an easy way to lift an attenuator block from the ground. Being a two person lift and the fact that the block has handles, you want to tip the load before you lift it. Tip it by using a one-handed bridged POWERLIFT®. This means to reach down with one hand with your other hand on your thigh. Then with your legs in a wide stance, bend your knees and tip the block up. Once it is up, you can grasp it with both hands and lift. Using a one-handed, bridged lift and keeping your stance wide and knees bent will protect your back and keep you working!