



LIFTING A PACKAGE BOX LID

Lifting a package box lid is no big deal, unless you are using your back to do it. That is because when you use your back you are lifting the weight of the lid and the weight of your upper body. It is really the lifting of your body weight that makes people tired at the end of the day. That 's because the weight of the upper body is most times much heavier than the things we are lifting and moving all day long. Put the work on your legs and get rid of the upper body weight by approaching your load from the corner, spreading your feet, bending your knees and using your legs to work!