



LIFTING A PALLET DOWN FROM THE RACK

To pull a pallet off of the rack, it must be lifted enough to clear the lip so the pallet can be slid towards you. Use your POWERLIFT® stance to do the lifting and pulling.

As the pallet slides down off the rack, position one of your legs to set the pallet on.

Let the pallet rest on your thigh before lowering it to the floor. This way your leg is holding the weight of the pallet, not your back.

To make this job as easy as possible, rotate the pallet off of your thigh so the corner touches the floor first. Now the floor is holding the weight of the pallet and not you. Then, simply lower the other side of the pallet to the floor and you will have made a difficult job easy.