



Notice the two most important things this worker is doing to protect his back. First, he is leaning his knees into the pallet of sacks and he is in a wide stance with his legs. This lets his legs take the stress of the lift and keeps it off his back.

Then to work smarter, he has slid the sack to him instead of reaching out and lifting it from a distance. To get the load even closer he has turned it so the corner has moved between his knees.

As he lifts the sack he first lets it slide and pivot off the edge so that it moves right under him for the lift. Note that his legs remain in wide stance and they do the lifting instead of his back. This is a great example of using a **POWERLIFT®** Tip-the-Load to make the job easier and safer.

## LIFTING BAGS & SACKS FROM THE SIDE OF A PALLET