



Lifting heavy green hay bales can be tough work, especially if you are using your back. This kind of work can and will leave you with a case of arthritis in the low back that you will wish you never had. To lift with your legs, try this. First, stand at the corner of the bale in a **wide POWERLIFT® stance**. Then grasp the twine or wire with your hands, as seen above. Now, tip the bale up onto its side and from there pivot it up onto your thigh. You have just lifted the bale with only having to lift less than 1/2 it's entire weight. From this position you can easily walk with the bale riding your thigh and knee it up to the stack, all the time using your legs instead of your back!

LIFTING HAY BALES