

## LIFTING PAPER BAGS



### POWERLIFT®, POWERLIFT® /Tip the Load and Tripod Lift)

Lifting a bag of groceries is one of those common lifting chores we do so often that we don't even think about it. Yet lifting a bag of groceries will add to the 5,000 back lifts we do each month unless we learn to lift with our legs. Lifting bags of groceries can employ all three of the basic lifting techniques.

#### POWERLIFT®:

To POWERLIFT® a bag of groceries, simply approach from a 45° angle, spread your feet, bend your knees and lift with your legs. For this lift you will no doubt be grasping the top of the bag and making the assumption that the bag will not tear. So this is actually a load with handles and we are POWERLIFTING it.

#### POWERLIFT® / Tip the Load:

If the bag of groceries is too heavy and you risk tearing the bag by grasping the top of it, then you need to tip the load. To do this, kick your foot out to create a space in the direction you wish to tip the load. For a right handed, approach the bag in wide stance, making sure your right foot is farther away and to the side than your left. This creates a space for you to tip the bag towards the right.

Grasping the bag with the right hand at the top, tip it with a push on the left side of the bag with your left hand. Tipping the bag lifts the bottom left side of the bag off of the floor creating a hand hold. Now reach under the bag with your left hand and you will discover that you have created a very firm grasp on the bag. Finish with a POWERLIFT® and the job is done.

#### Tripod Lift:

If your bag of groceries is very heavy or very unstable, use the Tripod Lift. Simply get down on one knee, lift the bag in whatever fashion necessary up to your leg. Grasp the bag with one hand towards the top and one hand on the bottom of the bag. This is done to ensure that you continue to have a firm grasp once you are up. Then with the bag resting on your leg, rise as with a standard Tripod Lift.



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**GROCERY BAGS**  
**(Tripod Lift)**

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