



An extension ladder can be difficult to lift because it is long and clumsy and tend to get in the way of using your legs. The job can be done with your legs if you learn to use wide stance POWERLIFT®. Simply face the ladder head on and step out into a wide stance. You are going to tip the ladder up with one hand, so to give you strength, bridge your free hand to your opposite thigh. Bridging helps bring in your upper body strength to make you stronger and to take the load off of your back.

Stay in a wide Power stance as you lift the ladder. Your legs are twice as strong as your back when you use them like this.

When you carry the ladder away, try to put it up on your shoulder as you walk. You might have to pad your shoulder with a spare glove to keep the ladder from cutting into you. This method keeps the entire load off your back and puts it on your legs. Use this method to protect your back!

## LIFTING THE EXTENSION LADDER