



LIFTING TOTES FROM A HIGH STACK

To lift a dairy or any other type of square tote, try to get as close to the load as possible with a wide POWERLIFT® stance. With your knees bent, grip the tote at the corners instead of using the handles. Then, lift with your legs as you keep your arms locked at the elbow. Keeping your arms locked lets your legs do all the work of the lift. As the tote comes up, pull it in close to you as you lower it down with your arms. This is a great way of handling heavy totes and will keep all of the lifting stress on your legs and off of your back!