



LIFTING TOTES FROM A LOW STACK

When lifting a tote from a low stack remember to use your legs in a wide POWERLIFT® stance. Face the row of totes at an angle, to open up a space to move the tote into. Now you can pull the tote to you with one hand as the other hand bridges to your opposite thigh. As you lift it with your legs bring it over to your thigh and rest it there. That way most of the weight of the load is being held by your legs and not your back. Always use your legs to work and leave your back out of the job. Without a good back you cannot work and you can 't have fun either, so protect your back always!