



## LIFTING UP TO A HIGH SHELF

When lifting objects up to a high shelf, consider this question. We can use POWERLIFT® to lift the load off the floor, however, would it ever make sense to put our feet back together again as we hoist the load up to a high shelf? Of course this would not make sense, because putting our feet back together again merely draws our back into the lift. However, this is what most people do when lifting up to a high shelf. Instead, use POWERLIFT® or POWERLIFT® / Tip the Load to get the object off the floor. Then, as you approach the shelf, just before you hoist the object up, kick a foot out into wide stance, bend your knees, and let your legs help to lift and throw the object up towards the shelf.