



LOADING FROM THE END OF THE CONVEYOR

You should never allow yourself to do repetitive work with your back like you see above, left. This will wear you down and make you old before your time. Instead, learn to use your legs and POWERLIFT®. As you approach the end of the conveyor to pick your next box, use your last step to put you into a wide stance with your knees bent. Then as the load comes toward you, tip it up into you as you lift it. This way of working is much less fatiguing and will protect your back at the same time. Remember, your legs are twice as strong as your back!