



There is an easy way and a hard way to move furniture. The hard way is with your back, the easy way is with your entire body. To use all the strength of your body you must stand at the corner of the piece you're moving in a wide POWERLIFT® stance. Then get close to the load! You need to contact the sofa (as seen above) with your thighs as well as your hands. Now you will be able to push much more effectively using your leg, upper body and arm strength for the job.

## MOVING FURNITURE