

This job is very similar to opening a garage door. To accomplish this task, use a wide stance POWERLIFT® technique on the door. When doing this remember to lift with one hand on the door handle while pushing up with the other hand as you lean into the door to raise it.

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A Tripod Lift will work with many doors provided you can get close enough. Once again, lift with one hand while pushing up on the door with the other hand.



If there is a strap available on the truck door this aids greatly in the lift. Here you can use a strong POWERLIFT® stance while pulling up on the strap to make this an easy job.

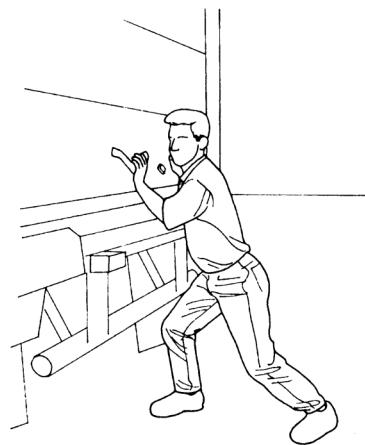
- ▶ Attempt opening truck doors in the three modes as described. You will find that any one of them is much better than the old fashioned back lift.

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Another method for opening the door is to use a POWERLIFT® stance with a bridge. Here one foot is placed on the back lip of the truck with your other foot on the dock. Be sure to stand with a wide stance at an angle to the truck door. With one hand grasping the truck door, the other hand should be resting on your thigh. The hand on the thigh is called a bridge and can be used to push against your leg for additional lifting power.



If you're on the ground and have to reach up to open the truck door, keep in mind that there are still only two ways to do the job - with your back or with your legs. Keep yourself in a wide POWERLIFT® stance at an angle to the back of the truck and use your legs rather than your back to push the door up.

- ▶ Attempt opening truck doors in the two modes as described above. You will find that any one of them is much better than the old fashioned back lift especially if the truck door is stuck.

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