



PALLET HANDLING — 2 PERSON

Never, ever lift a pallet like you see above, even if it is 2-person job. Instead, learn to use your legs with a wide POWERLIFT® stance. Spread your feet wider than shoulder distance, bend your knees and lift it with your legs. And remember, it is not just the weight of the pallet that you are lifting when you use your back. It is also the weight of your upper body that puts stress on your low back. Using POWERLIFT® technique takes the weight of your upper body off of your back and makes for a much safer and easier lift. Always keep your back out of the lift by using POWERLIFT®.