



## PICKING HEAVY LOADS

Always, if possible, stand over the corner of the pallet to pick. If the corner is not accessible, put one foot on the pallet to get as close as possible to the load.

As you POWERLIFT® the load, move it quickly to your thigh. That way your legs are holding the load taking the weight off of your back.

To walk with a heavy load, let it ride your thigh. 30% - 50% of the weight will be carried by your thigh making carrying the load much easier.