



1. If the box is still high up on the stack, slide it towards you.
2. Now you have two options. You can slide and tip the box off the stack and let it rest on your thigh.
3. Once it's on your thigh, tip it toward you and carry it away.
4. ...or you can step into a wide POWERLIFT® Stance while you slide and tip the box off the stack into your arms and hands. This also keeps the load close to you as you carry it away.

## PICKING LONG BOXES