



## SETTING A SASH ON THE TABLE

Here is a really good way to set a sash on the table, or for that matter to set anything down where you have to reach out in front of yourself. Note the drawing on the lower left, where the worker is setting the sash down but is not leaning on the table in any way. This means that he is holding himself up, instead of the table holding him up. Not a good way to work! Instead, try leaning on the table with one foot up on the lower shelf or on a foot rail. That way the table is holding you up and it makes this job much easier. This is using **POWERLIFT**<sup>®</sup> and will help make your job easier every day!