



## UNFOLDING WRAPPING MATERIAL

The task of unfolding wrapping material can very easily lead to back work, simply because the wrapping material takes up space, leaving no room for your feet. Having to make room, by keeping your feet out of the way, generally results in us going down with our back, to unfold the material.

As seen in the illustration above, a very good way to make room, and protect your back at the same time, is to use a very wide POWERLIFT<sup>®</sup> stance. This way the wrapping material can be unfolded, while one corner of the material is positioned right between your feet. You have now created plenty of space, and this way your back is kept out of the lift.

Your wide stance provides plenty of mobility so that you can reach to pull the wrinkles out and spread the material flat on the floor.