



1. To fold a table, assume a wide POWERLIFT® Stance.
2. As you lift, turn the table onto its side. Keeping your end of the table up at your waist level.
3. Now lower your end of the table down to the floor. As you lower the table you can bridge to your thigh with your free hand. Bridging will add strength to the act of lowering the table.
4. To stand the table back up, lift it to your waist level while in a POWERLIFT® Stance.
5. Now grasp the table as shown in the illustration and turn it to its standing position.
6. Next, lower your end of the table down to the floor.
7. To carry a folded table, assume a POWERLIFT® Stance and grasp the table. As you lift the table, let it slide up your legs. This will automatically keep the load close and make it easier to lift.
8. To carry and walk with the table, use one or both of the legs as carrying handles.

HANDLING A FOLDING TABLE