



HANDLING AND CARRYING SACKS OF PRODUCE

Pull the sack to you using a wide POWERLIFT[®] stance. Let your legs do the work instead of just using your upper body and arms to do the pull.

Stay in a wide POWERLIFT[®] stance to lift the sack with your legs.

Here the pallet is parked too far away and the sack must be carried to it. Never try to throw the load if the pallet is not parked within arms reach of yourself. Always, move your feet and carry the load to its destination instead of twisting your back to throw it.