

## HANDLING THE CHUTE

Never, ever handle heavy, bulky things like a chute with your back. A much better and safer way is to <u>use your legs with **PowerLift**®</u>. This is easy to do if you simply replace back lifting with a <u>wide stance and use your legs</u>. Using your legs keeps the constant wear and tear off of your back that leads to arthritis and the inability to do the things you like. The worse part about arthritis is that it usually shows itself just about the time you want to retire and enjoy life. <u>Your low back rules!!</u> It will dictate what you can and cannot do in life. Preserve your quality of retirement life by always using PowerLift!