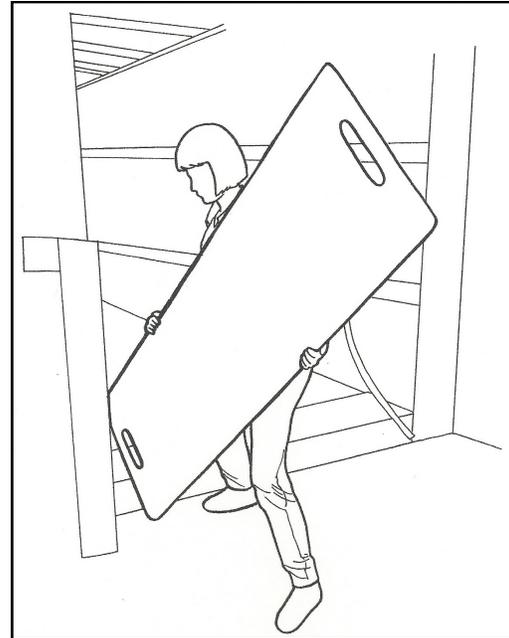


The dock plate is a large, heavy and bulky object that lends itself perfectly to a POWERLIFT®/Tip the Load technique. By its very nature, the dock plate will usually be lifted in wide stance, however many of us forget to stand over the load to get close to it. Remember, even in wide stance, if you are not close to the load, it will still stress your back. Learn to step over the dock plate at the corner at a 45° angle and use POWERLIFT®.



To maneuver the dock plate, use the standard POWERLIFT®/Tip the Load technique. Instead of dead lifting the dock plate, it can be made easier to handle by simply tipping it up on a corner. This not only keeps you close but also creates various hand holds for you to better manipulate this bulky piece of equipment.

- ▶ Practice handling the dock plate with wide stance POWERLIFT®/Tip the Load technique. Feel the difference on your back as you lift it from the side as opposed to standing over it at 45°. Practice also Tipping the Load when handling the dock plate. As soon as you get used to this technique you'll find it is much easier on the back than simply dead lifting.

HANDLING THE DOCK PLATE