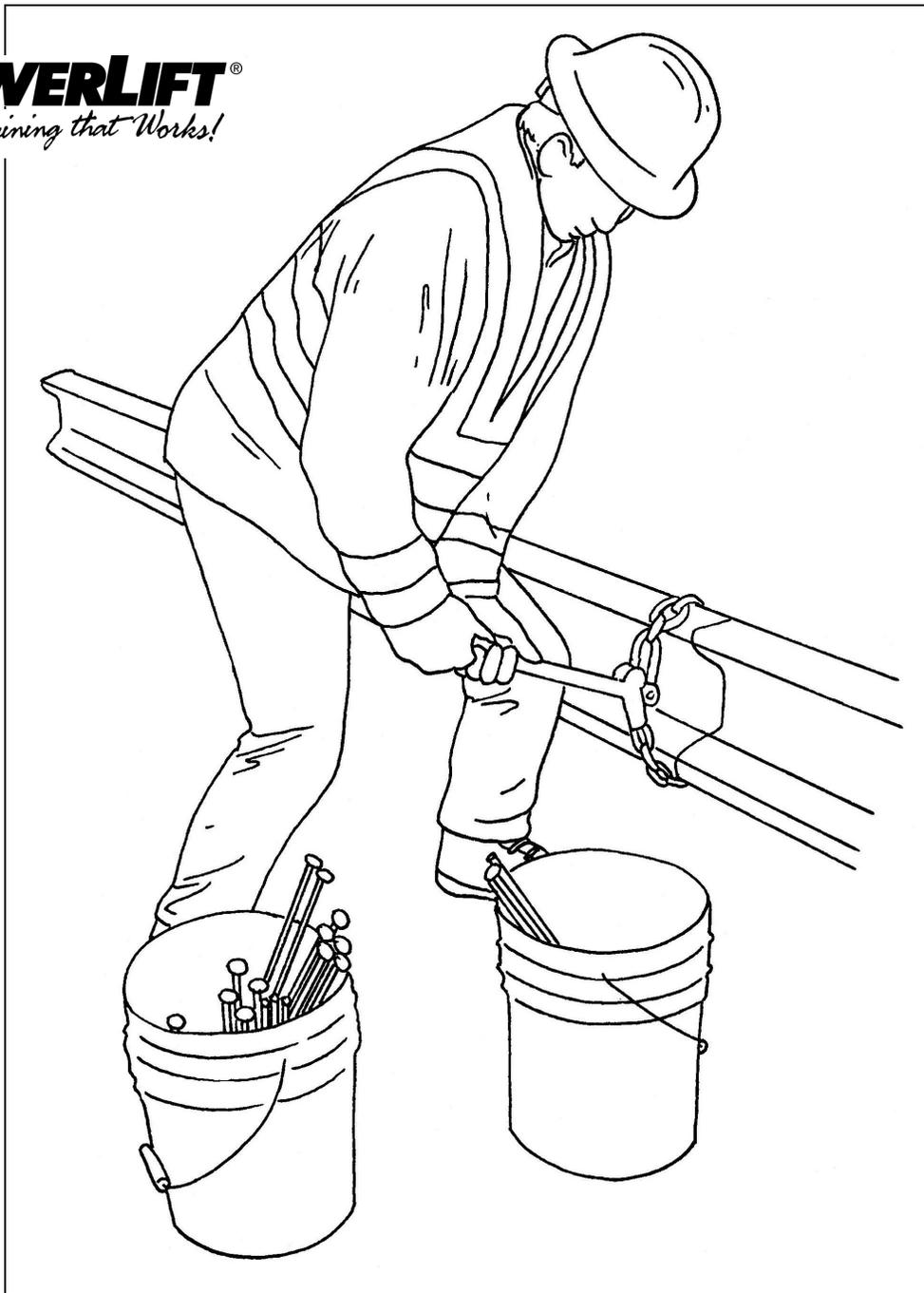


POWERLIFT®
Lifting Training that Works!



INSTALLING GUARD RAIL—CLAMPING

Installing guard rail, like many jobs, requires you to assume all kinds of positions in order to do the work. The most important thing to remember when standing to work is to always keep a wide POWERLIFT® stance as you do your tasks. A wide stance with knees bent keeps the stress off of your back and puts it onto your legs where it belongs. Sometimes the situation will not let you use your legs but whenever possible, take the load off your back and put it on your legs!