



## LIFTING AN LOP COIL – 2

You can use a **POWERLIFT®** Tip-the-Load technique to lift an LOP coil as long as it will not damage the part. To do it, stand at the corner of the coil in a wide stance with knees bent and stand the coil up. Then, surround it with another wide stance, get a good grasp and lift it. Remember that this is a long object and to surround it you must tip it away from you in order to make room to actually get close to the coil. After that your legs can do all the lifting and your back won't feel a thing. Use a Tip-the-Load technique whenever you have something long to lift, if you want to make the job easier!