



LIFTING A PALLET FROM THE FLOOR

Lifting a pallet from the floor can be made much easier if you tip the pallet first. But the way you tip it means everything...so stand in a wide stance and bend your knees. Then, as you reach down for the pallet with one hand, bridge your other hand to your thigh. **This is the strongest one-handed lifting position there is.** Now pull and lift the pallet up towards you, tipping it again. Then, grasp the pallet and finish the lift. Once you get the hang of doing it this way, you will never go back to using your back. Using your legs and tipping the load will make your jobs as easy as can be!