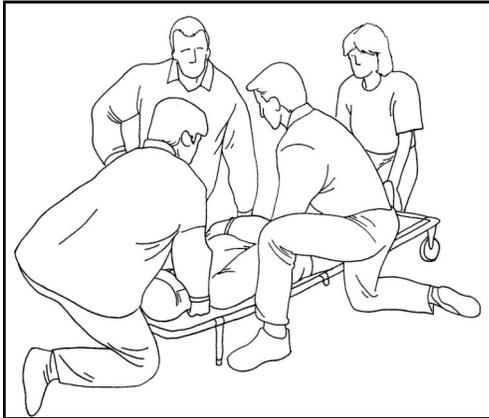
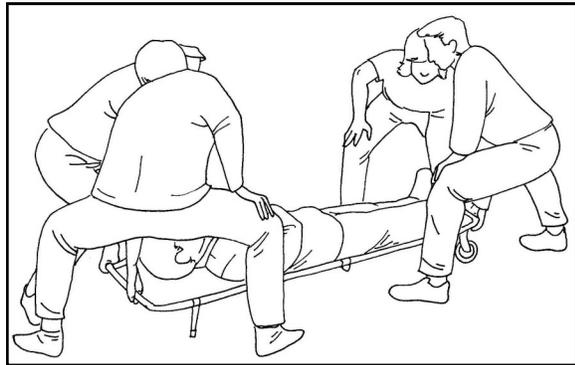


# POWERLIFT®

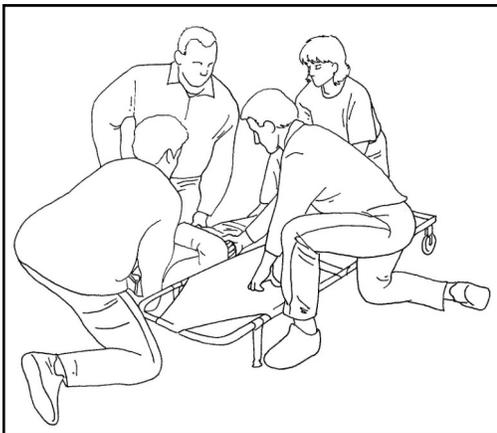
*Lifting Training that Works!*



2 – Note how everyone has protected themselves by staying in the Tripod stance for the transfer.



3 – As you get ready to lift, everyone takes a wide POWERLIFT® Stance, with one hand on the gurney and the other bridging to their thigh.



1 – Get down to the patient with a Tripod stance. Note how the worker on the far side of the gurney is the one who will take most of the strain simply because he is farthest from the patient. He has minimized the strain however, by bridging one hand to the gurney as he lifts with the other hand.



4 - You will find that lifting the gurney with **POWERLIFT®** will make the job much easier on your back.

You can move a patient from the floor to a gurney quickly and safety using the **POWERLIFT®** technique as shown above.

## LIFTING A PATIENT FROM THE FLOOR TO GURNEY (4-PERSON LIFT)