



LIFTING BAGS OF COLD MIX FROM THE GROUND

Lifting a heavy bag of cement or cold mix from the ground is hard to do, if you are not tipping it first and using your legs. Because you have to bend so low to reach the bag, your back can take quite a beating when you lift it straight off the ground. To keep your back out of it, take a wide stance over the top of the bag, bend your knees, then tip the bag up before you lift it. Tipping it brings the bag up to you so you are not lifting it as much as when it is lying on the ground. This is using a **POWERLIFT**[®] Tip-the-Load and will help to protect your back when you are working!