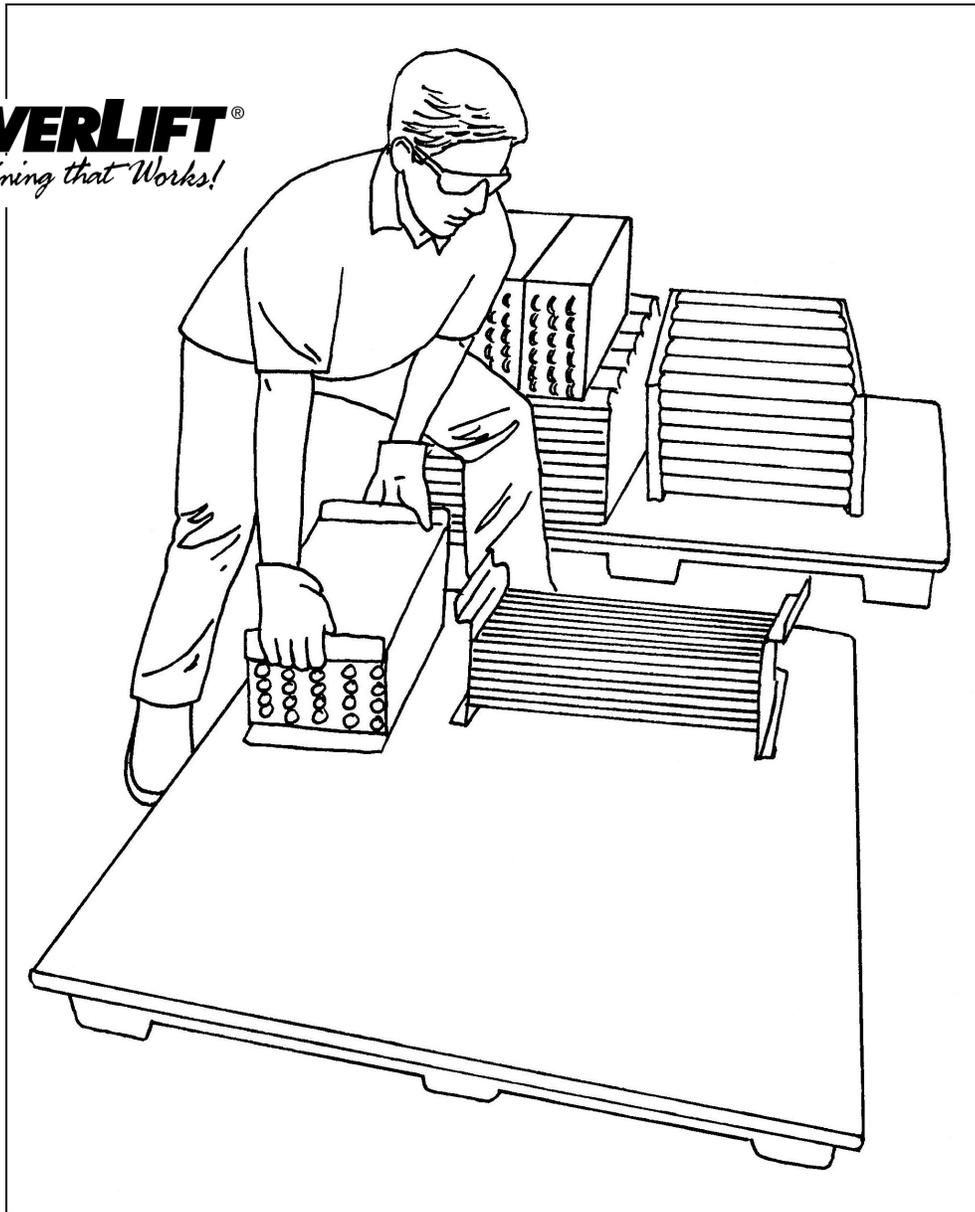


POWERLIFT[®]
Lifting Training that Works!



LIFTING COILS FROM THE PALLET

Never, if you can help it, lift a coil off of a pallet while standing at the side of the pallet. Lifting from the side blocks you from getting close to the coil and will force you to use your back. Instead, always stand at the corner of the pallet in a wide stance with your knees bent. That will keep you much closer to the coil and with a wide stance lets your legs do the job, not your back. If you can 't step around the corner of the pallet, see if you can have it moved so that you always have access to the corners. Work smarter, not harder and work off the corners of pallets, always!