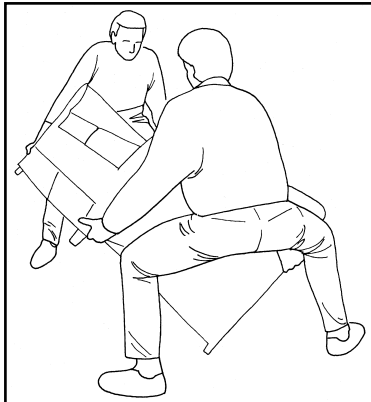
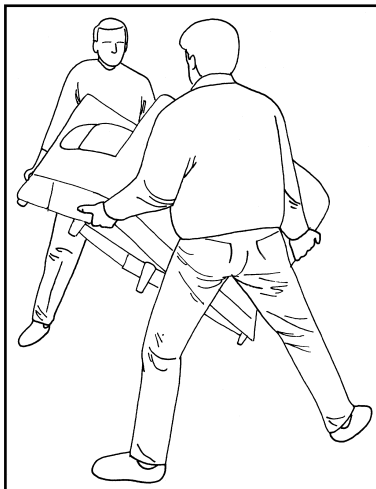


This is a very heavy job that can be made much easier by using POWERLIFT® / Tip the Load. Approach the sofa as seen in the illustration so that the back side of the piece of furniture lies directly between your feet. By setting yourself up this way you will find the load moves to the dead center of your body once it is tipped.



Notice that as the piece of furniture is tipped, the back side becomes a handle and the bottom corner which has now come up, also becomes a handle. At this stage also make sure that you are standing very close to the load. Your body should be in a very snug contact with the side of the couch or chair.



Now use your legs to POWERLIFT® the heavy piece. You will find this method much easier than reaching down for the bottom of the furniture in a bend/twist position. You will also find that your lifting strength will increase greatly by always using a wide stance POWERLIFT® position.

LIFTING FURNITURE