



LIFTING HEAVY STOCK

Lifting long heavy stock boxes can be a tough job, until you learn a few shortcuts using **POWERLIFT®**. To help make this job easier, stand at the corner of the pallet so you are close to the load. As you lift the heavy load, immediately put it down onto your thigh. You will be able to do this if your thigh is in a good position to act as a shelf for the load. Now as you begin to move with the load, let it rest on you thigh so that you are only lifting part of the weight, while your thigh holds the rest. Learning this technique can make your job much easier and you much less tired by the end of the day!