



LIFTING MATTRESS BOXES

Typically, lifting mattress boxes is accomplished as seen in the first illustration. Here our worker is standing with his feet relatively close together, attempting to use his legs for the lift, as he clamps the mattress box with his hands. Although this is a leg lift, it is a very inefficient method of using the legs, and will leave you more fatigued than you should be after a move. Instead, as seen in the second illustration, use your legs efficiently by creating a wide POWERLIFT® stance as you lift the heavy mattress box. The wide stance allows you to get much closer to the load. As a matter of fact, leaning your chest into the mattress box will greatly facilitate this lift. It also allows you to use your legs much more efficiently, which in turn, increases your lifting strength.