



## LIFTING NEW PARTS

As with any lifting task, don't use your back like you see here. Even if the part is light weight we have to remember that your back is also lifting the weight of your upper body. Body weight can be just as dangerous to your back as material weight.

To keep your back out of the lifting task, use your legs with a wide stance **POWERLIFT®**. You can even tip the load as it sits in its box as seen above. Tipping the load brings it up to you and makes the lift easier. Use any method you can to keep your back out of the job!