



## LIFTING OIL CANS FROM THE TRUCK

Lifting a load such as a full oil can straight up like you see here, can be hard on your back but can be even worse on your shoulder. Since the oil cans are sealed, a much easier way to do this would be by tipping the load before you lift it. Tipping the load brings it to you instead of you going to it. Keeping a wide **POWERLIFT®** stance as you tip and lift the can also keeps the stress off of your back. Always try to think of the easiest way to accomplish the mission. It will usually be by tipping the load and using **POWERLIFT®**.