



## LIFTING SCRAP GUARD RAIL

Lifting scrap guard rail is the perfect time to use a **PowerLift**® tip-the-load technique. To stand the piece before you lift it, <u>bridge to one leg as you reach down with your other hand to grasp the rail</u>. Stand the guard rail up, <u>then tip it again</u> before you lift it in a wide **PowerLift**® stance. This is <u>working with your legs</u> and will make the job easier and safer for you!