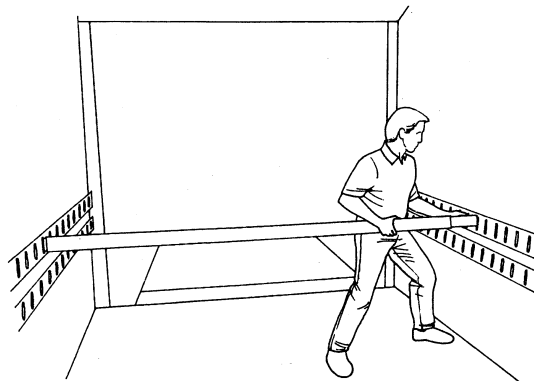
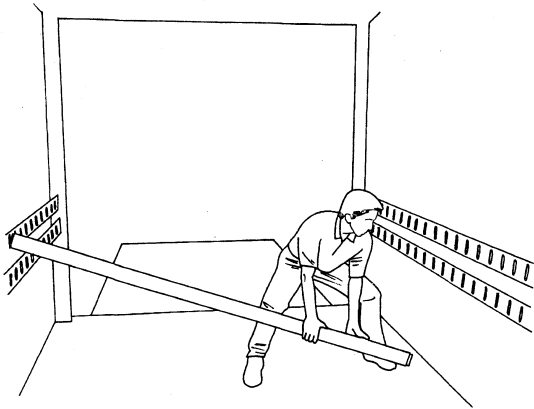


LOAD BARS AND STRAPS

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Strapping in and securing loads in the back of the semi-trailer is another example of the lifting we must do everyday. Even though this is not a heavy lift job, remember that it adds to the number of times you will lift this month. For that reason, always use POWERLIFT®. Tightening a load strap can be done much more efficiently in wide stance.



For load bars, never lift with your back. Rather, use a wide stance POWERLIFT® approach for lifting and positioning.

- Consider this concept when your group is discussing the use of load bars and straps: it is not the one task of putting a strap in position, but rather that task plus all the thousands of other tasks we must do this month that do truly add up. Another important factor here is that it is not the weight of the strap or load bar that is significant when we pick it up, but rather the weight of our body as we bend over it with our backs. The 10:1 Spinal Leverage Ratio means that when we back lift a load strap off the floor of the semi, it is not just the weight of the strap but also the weight of our upper bodies that is being lifted. Always use POWERLIFT®.

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