



Using one hand to lift like this worker is a really strong way to work. The reason is because as he lifts with one hand his other hand is bridging to his opposite leg. In addition, he is in a wide Power stance and is using his legs for the lift and not his back.

If you need to use both hands to lift, do it like this. This worker is using **POWERLIFT®** to do the job, but notice where he is standing. He knows that the bar he is lifting needs to end up on the cradle, so he has positioned himself midway between the start of the lift and the end point of the lift. This way he can move the load sideways without ever having to move his feet. This is a great way to keep from using your back as you work.

ONE-HANDED vs TWO-HANDED LIFTING