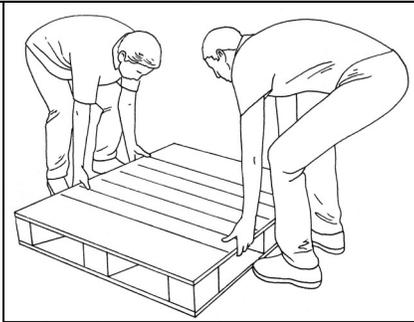
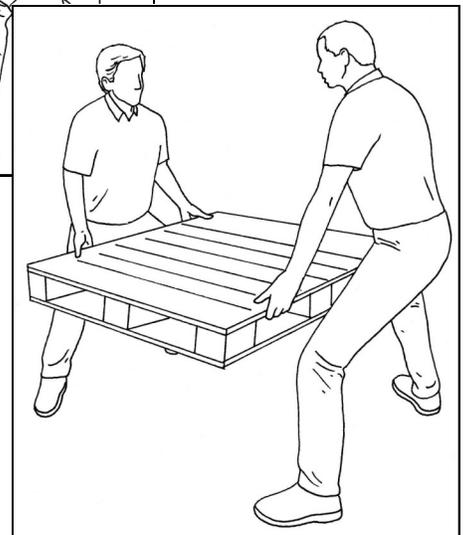
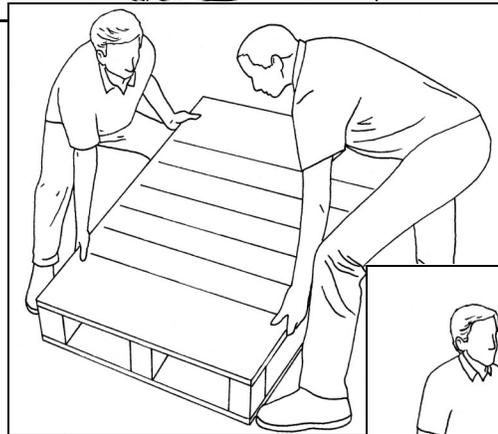
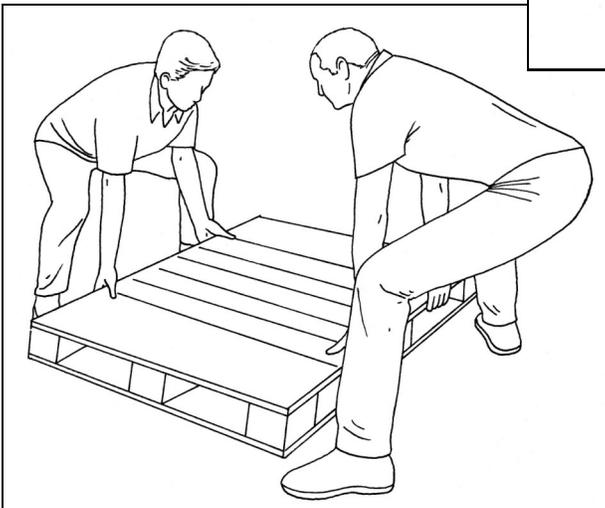
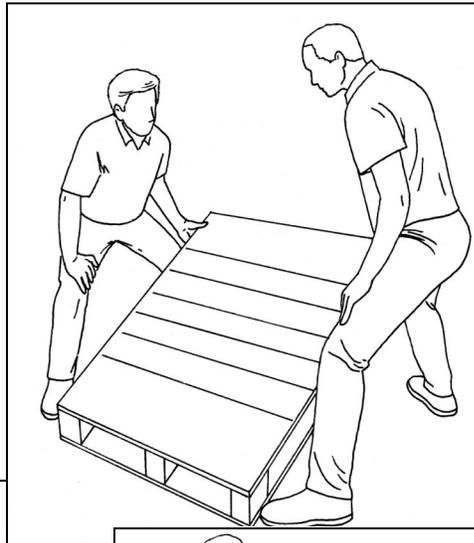


POWERLIFT®
Lifting Training that Works!



PALLET HANDLING

Never use your back to handle a pallet as you see here. This is back lifting and can lead to injury, wear and tear and time lost from work. Instead, there are two different ways you can use your legs for the job. If the pallet is light weight you can simply lift it straight up from the sides. If the pallet is heavy, you can use a **POWERLIFT® Tip-the-Load**. To do this, stand in a wide **POWERLIFT®** stance and bridge one hand to your leg while the other hand goes down to lift the pallet. Tip the pallet up on one side, then reach with your other hand to pick it up. You will be amazed at how much easier it is to work with your legs!