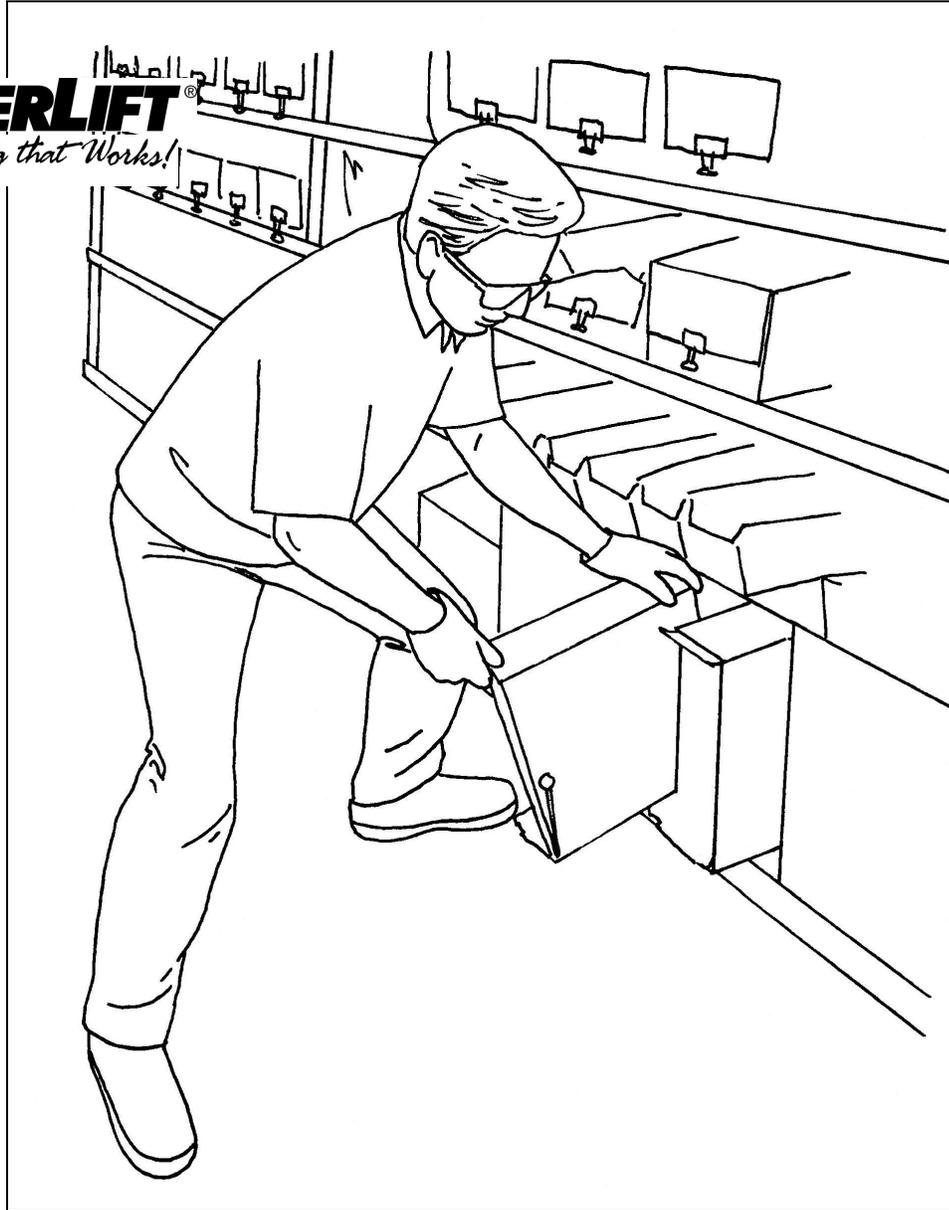


**POWERLIFT®**  
*Lifting Training that Works!*



## PULLING COMPONENTS FROM THE RACK

When you have to reach down low to pull a component out to lift it, you need to position yourself correctly in order to keep your back out of the job. In the case above, he is standing at an angle to the front of the rack, with a wide stance and his knees bent. Standing at an angle gets you close to the load but also gives you the room you need to pull the load towards you before you lift it. Use the same positioning if you were putting the component back under the rack. Using **POWERLIFT®** and setting up at the correct angle is what you need to make the job safer and easier on *you!*