



## ROLLING BEER KEGS TO A PALLET

Everyone know that it is not necessary to lift a beer keg up onto a pallet because it is much easier to roll it up. The only big deal about it is that you should use your legs for the work of rolling the keg. By standing in a wide POWERLIFT® stance you have accomplished two things. First, your legs can now do the work and second, the wide stance gives you lots of side to side range of motion. That way you can move the keg without even taking a step. Your work stance should always be a wide stance to protect your back and your livelihood!