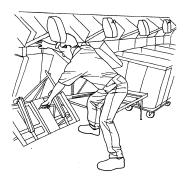
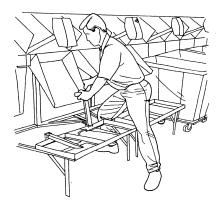


POWERLIFT Lifting Training that Works!



1. When changing over the SPBS much of the back work can be reduced by using POWERLIFT®.



3. To pull out the chute you should keep your 45° wide stance to the tub tray and reach for the chute. Maintain your wide stance at all times when reaching for the chute and chute support leg. This takes the bend/twist out of this operation.



2. When pulling out the tub shelf, place one foot in the space between the two tub shelves and maintain (create) a wide stance. This puts you at a 45° angle to the shelf. Place one hand on the SPBS for extra support and reach for the tub shelf handle. Keep your knees bent as you pull out the shelf. Do not swing the tub shelf into your leg. There should be room enough to place your foot between the tub trays.



4. Another way to set up the chute or support arm is with a Golfer's Bend. Place one hand in the SPBS for support and reach for the chute. If the chute gets stuck, use either the POWERLIFT® stance or Golfer's Bend. The hips and legs absorb the jerk to loosen the chute.

SPBS BREAKDOWN