



## STANDING UP PLASTIC PALLETS

Plastic pallets are very light weight, which makes them easy to handle. However, standing one up can load up your lower back if you don't use your legs. That is because when we bend down to lift with our back, we are actually lifting our upper body weight as well as the weight of the pallet.

Instead, lift just the weight of the pallet by standing at the corner of the pallet in a wide POWERLIFT® Stance and lifting it with your legs.

Note how this worker is also bridging to his leg as he lifts the pallet. Bridging allows your upper body strength to join into the lift making you stronger and the lift easier.

Once the pallet is standing you can push it to its destination instead of carrying it. As you set the pallet down, do the same move in reverse by bridging to your leg while bending your knees in a wide stance letting your legs do the work instead of your back.