



TWO MAN LIFTING

This example of lifting a scrap piece of End Treatment shows two different ways of lifting with a partner. If you want to use both hands, make sure you are in a wide POWERLIFT® stance and use your legs. If it works better for you to use just one hand for the lift, make sure to bridge your free hand to your thigh as you lift the load. These are both good, strong **POWERLIFT®** methods that will put the load on your legs taking it off of your back and will make your job easier! you!