

**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## USE PROPER EQUIPMENT FOR THE JOB

When handling large heavy loads like this Patio Door be careful of your ability to move such large objects. Use the equipment that is proper for the job instead of trying to be a hero. But, if the equipment is not up to the task, don't keep it a secret and tell your supervisor about it. If the equipment isn't working it could be an ergonomic problem that needs to be addressed. And if you have a good idea about how to fix the problem, make yourself heard. Don't take chances with injuring your back. It is the only one you will be issued, so take extra good care of it every day!