



## PICKING SACKS

To pick a floppy sack from a pallet, try this. Stand in a wide POWERLIFT<sup>®</sup> Stance as you grasp the top of the sack.

Pull the sack towards you as you stand it up on end.

The Key Move is to tip the sack sideways. This action will bring the low corner of the sack up so you can use it for a handle. Plus you don't have to reach all the way down to the bottom of the sack to lift it because the bottom corner just came up to you.

Grasp the sack by its opposite corners and lift with your legs.