



**PLACING WATER JUGS INTO COOLERS  
(POWERLIFT® / TIP THE LOAD)**

Placing water jugs into coolers is a typical job that many of us must accomplish and one that is easily done with POWERLIFT®.

To get the jug off the floor, use standard wide stance POWERLIFT® technique, however, step one of your feet out farther in the direction you wish to tip the jug. This creates a space for the jug to be tipped and allows for you to get a good grasp of the load while keeping it close. POWERLIFT® the jug off the floor and move close to the cooler. Now very importantly, step a foot out into wide stance as you place the jug into the cooler. This is where most people bring their back into the lift. Not stepping your foot out into a wide stance guarantees that your back will do the lifting instead of your legs.