



STANDING UP A PALLET

Here is the easiest way to stand a pallet up. Simply stand at the corner using a wide POWERLIFT® stance. Bridge to your thigh with one hand, and reach for the corner of the pallet with your other hand.

Lift the pallet as you push off of your thigh with your bridged hand. Bridging like this brings your upper body strength into the lift to make it easier.

Once the pallet is up you can push it to your destination. Pushing a pallet is nearly always easier than carrying it and bridging is always easier than not bridging.