



TWO PERSON LIFTING

Here 's a smart way to do a two-person lift in the fashion you see above. It is obvious that the worker on the bottom of the load will have the toughest part of the job because he has to reach all the way to the ground to get his hands underneath the box to grip it. Make it easier on your work partner by tilting the box to bring the corners up to act as handles. Then the worker on the bottom only has to bend down to reach the corners for the lift. Working as a team can be done well, if you work smart and use your legs!