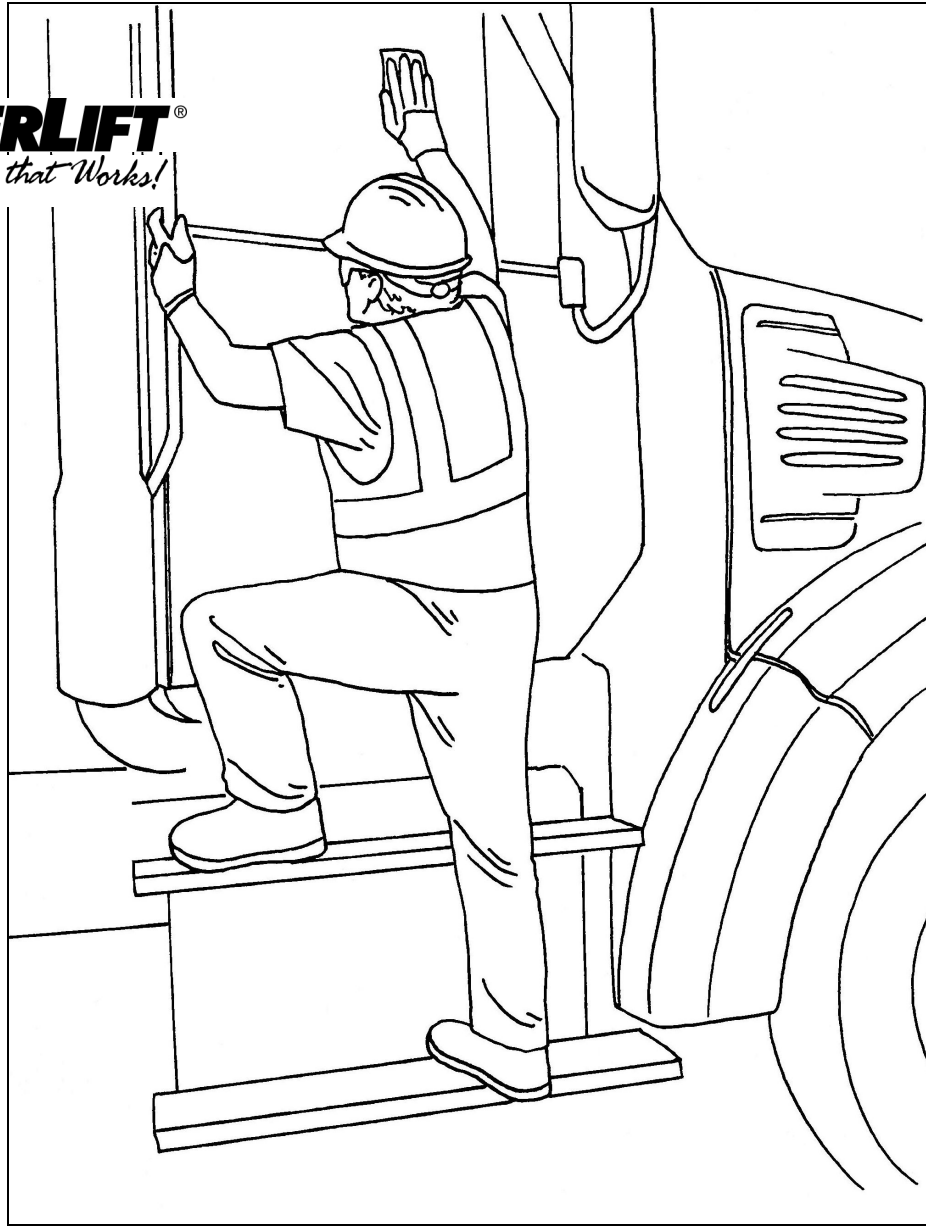


POWERLIFT[®]
Lifting Training that Works!



CLEANING TRUCK WINDOWS

Washing truck windows requires that you haul yourself up the side of the truck and hang on so you don't slip and fall. There are two things that can really help to make you more safe and stable. First, always use a 3-point contact with one arm free to do the window washing. The other is to try and keep your feet at different levels with one foot up and one foot down. The combination of these two elements is the most stable position you can be in for this type of job. This is a safety issue that can save you from serious injury, so pay attention to it before it is too late!