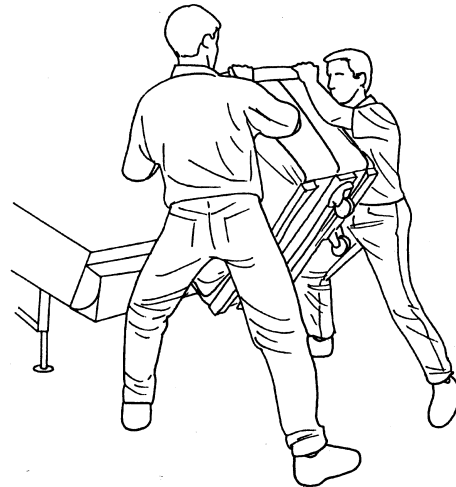




Dumping hampers is really a very straightforward POWERLIFT® task. Stand at the side of the hamper, always in a wide stance, bent knee position. Where you grasp the hamper is entirely the lifter's choice. As seen in the illustration, both workers are grasping at the top.



In a wide stance position you can POWERLIFT® the hamper up as you teeter it on the edge of the hopper. Teetering, rather than dead lifting, is very important in this lift, as it greatly reduces the amount of weight that actually has to be lifted with this task.

- ▶ Gather around a hamper and a hopper and problem solve lifting and dumping the hamper. Remember that all workers will have slight variations to the way that they grasp the hamper, but everyone should be using wide stance POWERLIFT® technique.

DUMPING HAMPERS