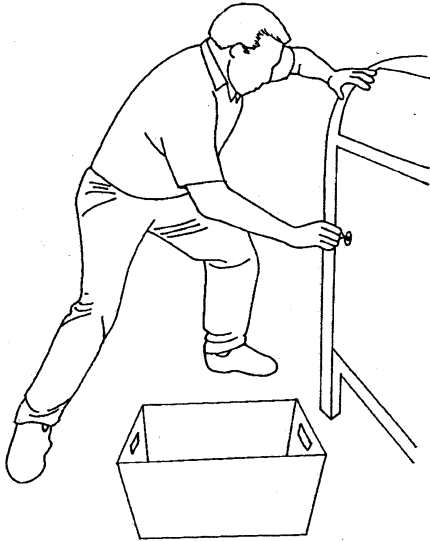
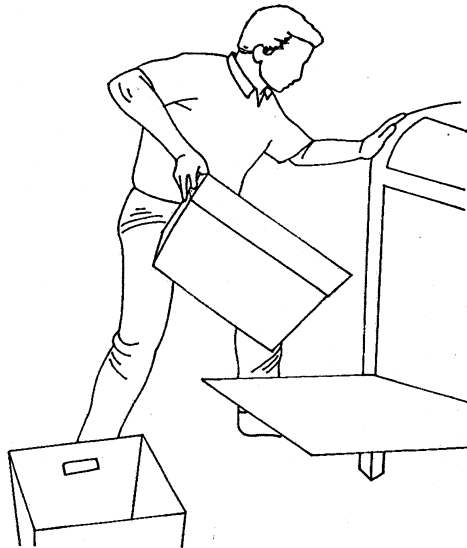


Think about how many times we use the back even with something as simple as emptying the collection box. Doing back work week after month after year adds up to a huge amount of wear and tear especially on the lower back. You can avoid all of this back strain by simply keeping yourself in a wide POWERLIFT® stance the entire time you are working at the box.



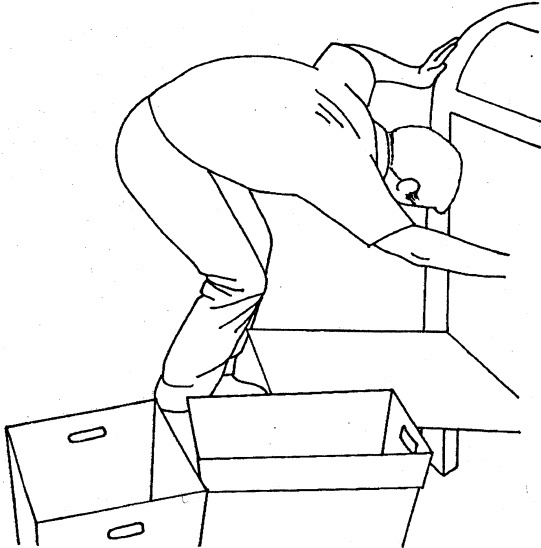
Even unlocking the box will lead to a back lift unless you stay in wide stance. Keep in mind that it is not the weight of the keys that count but rather the weight of your upper body that contributes to the wearing down of your back.

After the box is opened you can use the same POWERLIFT® stance to pull the tub out. As a matter of fact, you can simply stay in wide stance and not even move your feet at all if it is a small box like this. That is because your hips will carry you as you reach and bend instead of your back.



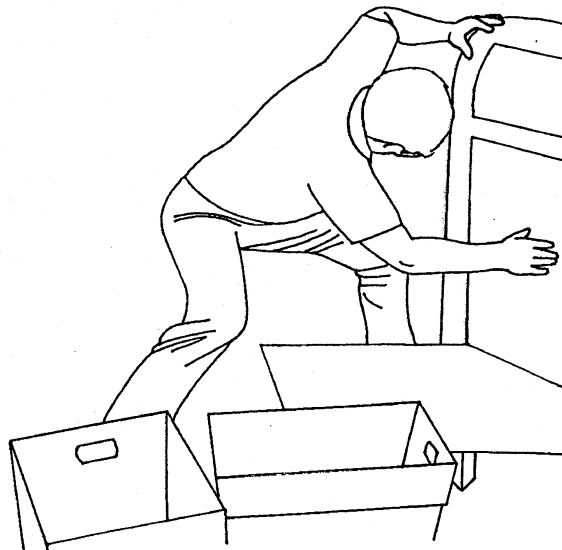
EMPTYING THE COLLECTION BOX

Page 1



Another back lift occurs when you reach in to scan the box. Once again it is not the weight of the scanner that counts but rather the weight of your upper body.

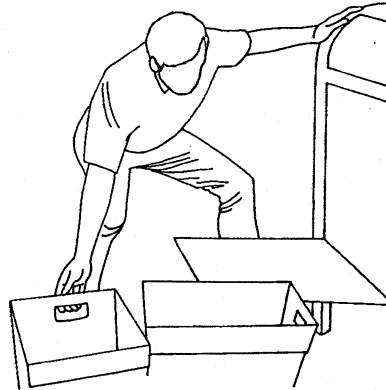
Instead work like this with your legs in a wide stance letting your hips do the bending instead of your lower back.



EMPTYING THE COLLECTION BOX

Page 2

Even reaching for the new tub can be done with your legs if you are in a POWERLIFT® stance.



But do not lose it by forgetting and using your back to pick up the full tub!



Remain in your wide stance and POWERLIFT® the tub as you head back to your vehicle. Your back will stay healthier and you can have a much better quality of life as you age if you protect your back by using these techniques throughout your working lifetime.

EMPTYING THE COLLECTION BOX

Page 3