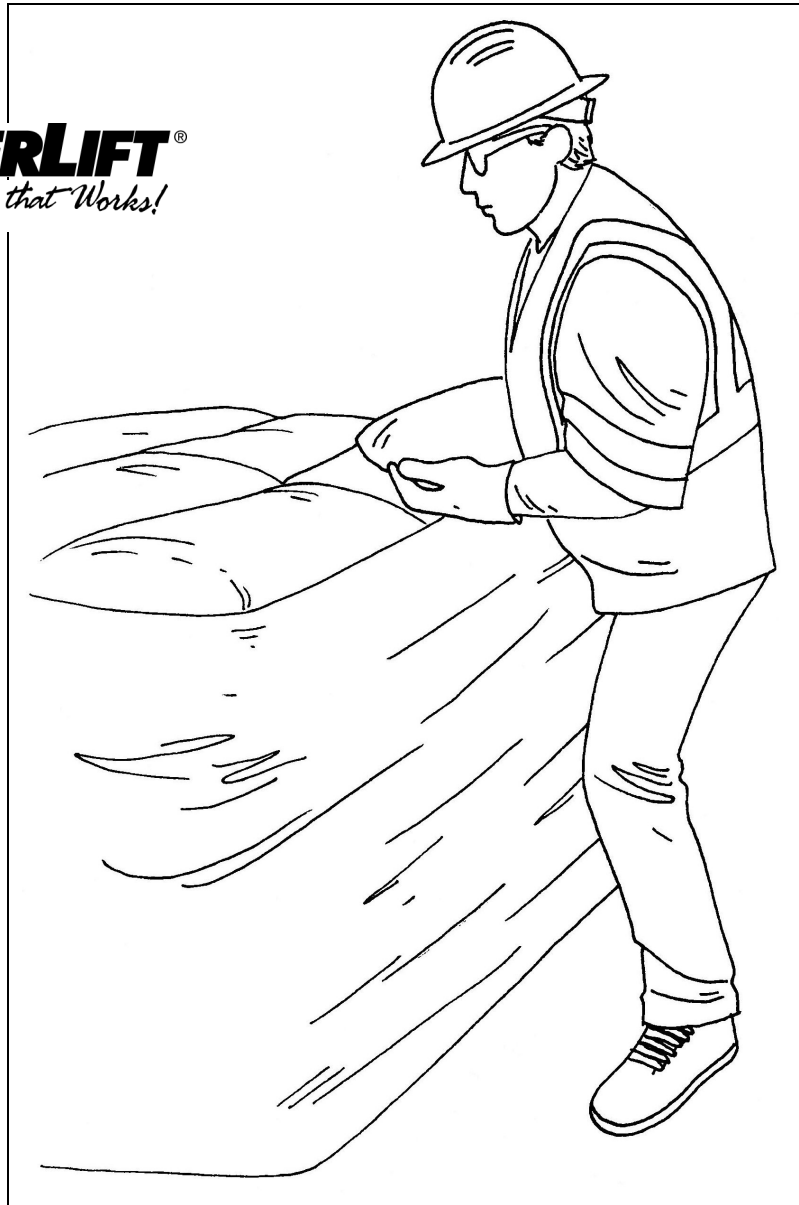


**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## HANDLING BAGS OF COLD MIX

The illustration above looks like a really easy lift but don't be fooled! If you are lifting off the top of a pallet and lift the sack straight up without pulling it to you, you are stressing your back much more than need be. Instead, stand either at the side or at the corner of the pallet with a wide stance and knees bent. Then, pull the sack to you and let it slide off into your hands and arms. This way you don't have to lift it, just slide it to you, which is much easier than lifting. Work smart, save your back, use **POWERLIFT**<sup>®</sup> !!