



Lifting a heavy wheelbarrow can be made much easier if you learn to use **POWERLIFT®**. The trick is to stand at a 45 degree angle to the handles in a wide stance. Note that one handle will be in front of one leg and the other handle behind the other leg, as seen above. Now, if you bend your knees you will be able to use the strength of your legs for the lift and keep your back out of the job. In addition, the wide stance keeps you stable as you balance the load before you take the first step. This is a great way to gain strength and safety while doing this job!

HANDLING THE WHEELBARROW