



When hooking together wheeled containers such as APCs, GPMCs, OTRs, and Hampers always use a wide stance. You will find there is plenty of room between containers to allow one of your legs to step into a wide 45° bent knee POWERLIFT® stance.

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To place the hook, always use two hands and step in front of the container with a 45° wide bent knee POWERLIFT<sup>®</sup> stance.

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The container may have to be pulled into position. To pull the container into position, never leave your feet close together; this will force you into using your back to maneuver the container into position. Maintain a wide 45° bent knee POWERLIFT® stance and pull with your legs.

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Use one hand on the container and one hand on the hook to pull the wheeled container into position and hook them together.

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There are two ways to unhook wheeled containers. The first is with a wide POWERLIFT® stance. Use a 45° approach with wide stance to use your legs as you unhook the apparatus. The second method used to unhook containers is the Golfer's Bend. Support yourself with one hand on the container, then lift one leg creating a Golfer's Bend as you reach for the hook. Be sure not to lose your balance. To avoid putting unneeded stress on your body, support and balance yourself with one hand placed on something stable. This will allow for a very fast and efficient Golfer's Bend lifting technique.

## UNHOOKING WHEELED CONTAINERS

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