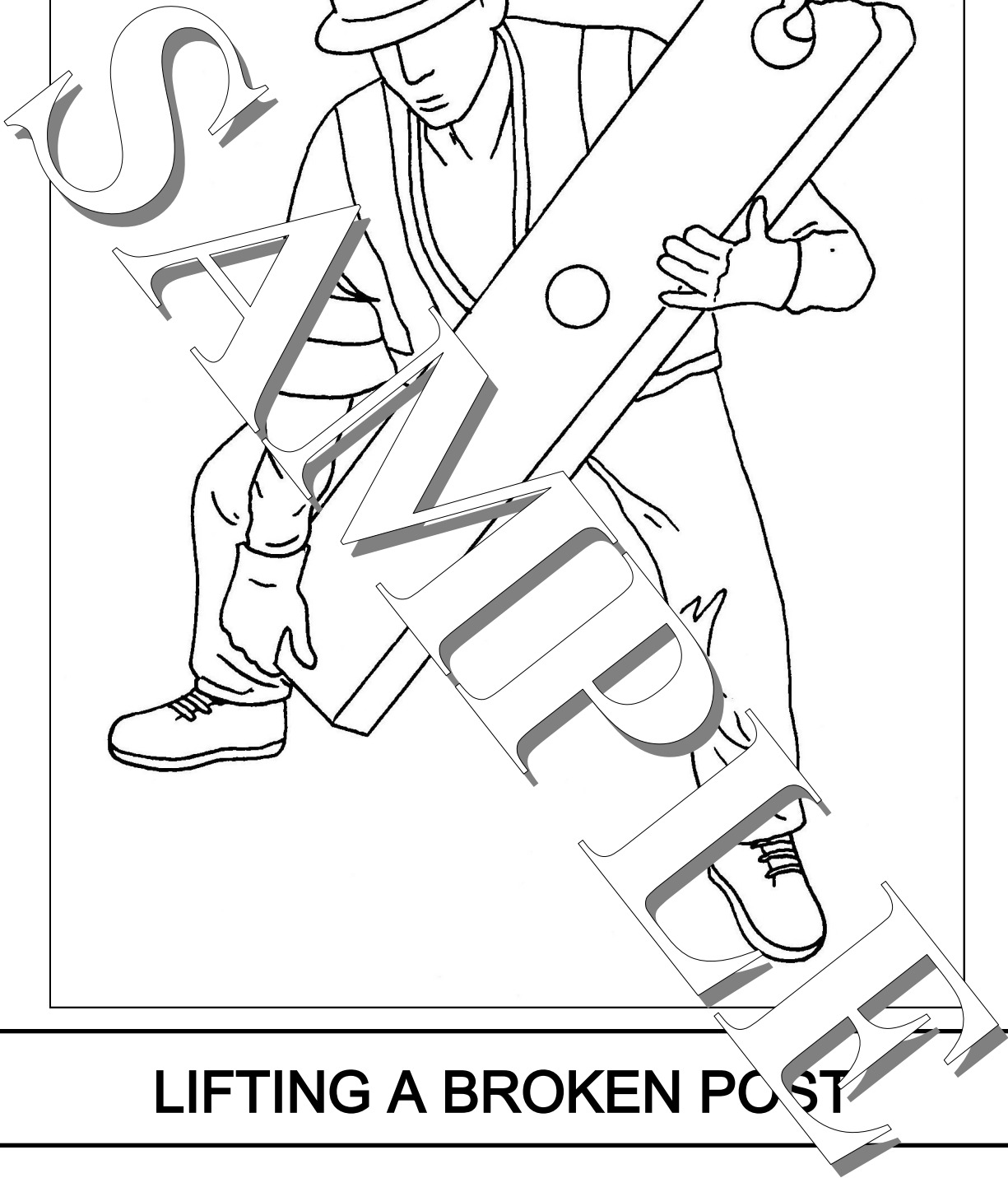


POWERLIFT®
Lifting Training that Works!



LIFTING A BROKEN POST

Lifting a broken piece of post is just like lifting any long object. The way to make it easier on yourself is to tip it up before you lift it. But, once it is tipped up, don't lift it with your back. Instead, get into a wide stance and literally wrap yourself around the post. This gets you as close as possible to the load and lets your legs do the lifting. When handling material, always use a wide **POWERLIFT®** stance!