



## LIFTING A LARGE BOX ASSEMBLY

To lift a large box assembly, there is no other way but to grasp it like that above. But when you are getting ready to lift it, step out into a wide stance and bend your knees. That of course, puts the load on your legs and off of your back. To lift the bottom assembly, as seen above, simply tip it up so that the near side comes up to you, ready to be gripped and lifted. Don't ever go down to the floor to get your grip, it is too hard on you and completely unnecessary. Get into the habit of using your legs and tipping the load to make your job less difficult and easier on you!