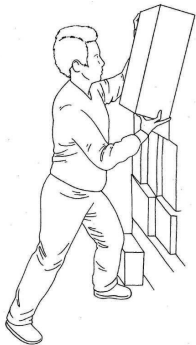


To bring an item down from a higher stack, you must get yourself in a strong position. Do this by taking a wide POWERLIFT® Stance with one foot close to the shelving and one foot farther back. Standing at an angle like this leaves room for the load to move into, as it comes down off the shelf.



As the load tips off the edge and begins to come down, push it against the other items on the shelf to ease its descent.



Once the load gets down toward your leg, let it slide all the way down to your thigh. This way you have moved the load all the way down from the shelf without ever lifting it!



Now, tip the load in towards yourself, grasp it with both hands and carry it away. This is the easiest way to bring an item down with the least amount of work and no harm to your back.

## LIFTING DOWN FROM A HIGH STACK