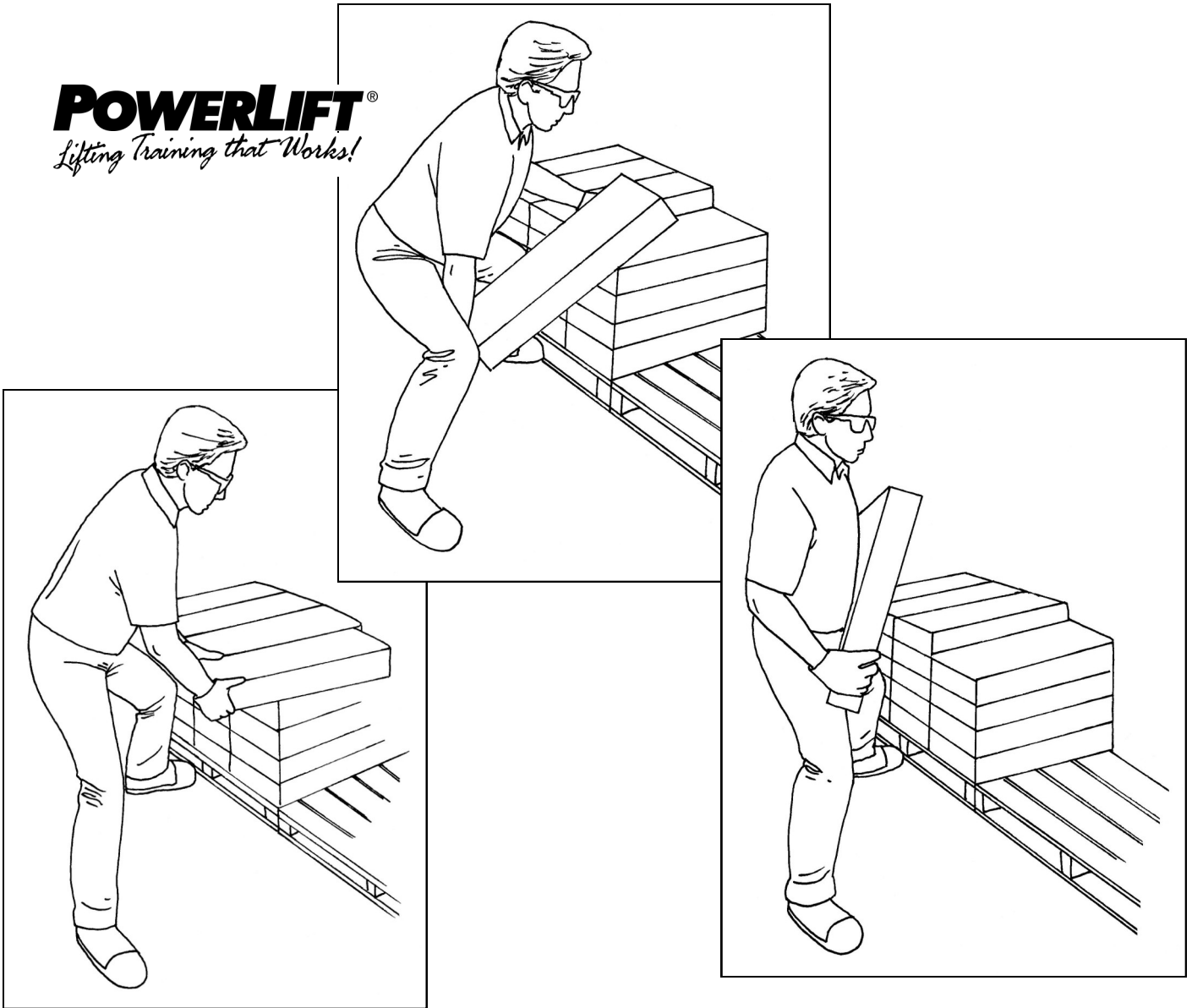


POWERLIFT®
Lifting Training that Works!



LIFTING FROM A LOW SLOT

You can make the job of picking from a low slot easy, if you learn to use your legs. When you approach the slot, step into a wide stance and bend your knees. But what is really important is to open up your stance by standing at an angle to the slot, as seen above. This gives you room to move the load in and close to you as you lift it. Also, if the load is heavy, as in this case, let the box tip down into your hands as it slides off the stack. This is much easier than lifting it straight up. This is using **POWERLIFT®** and will help you to keep your back healthy for years to come!