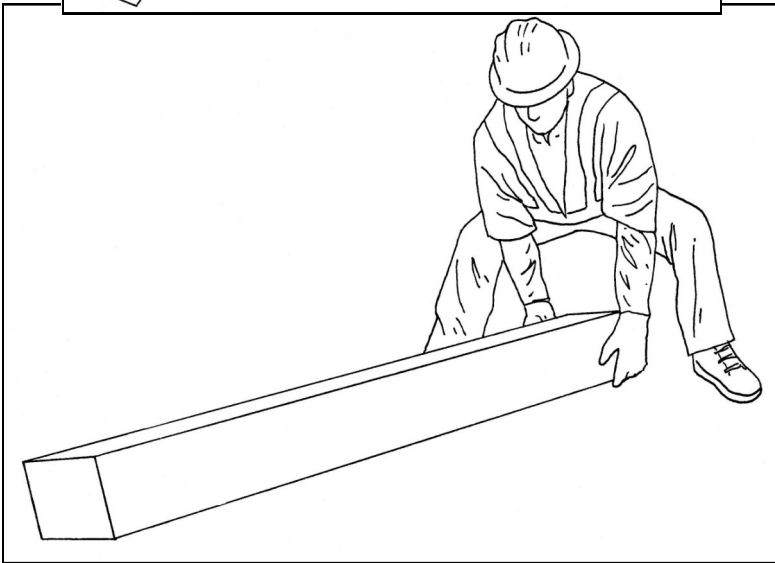
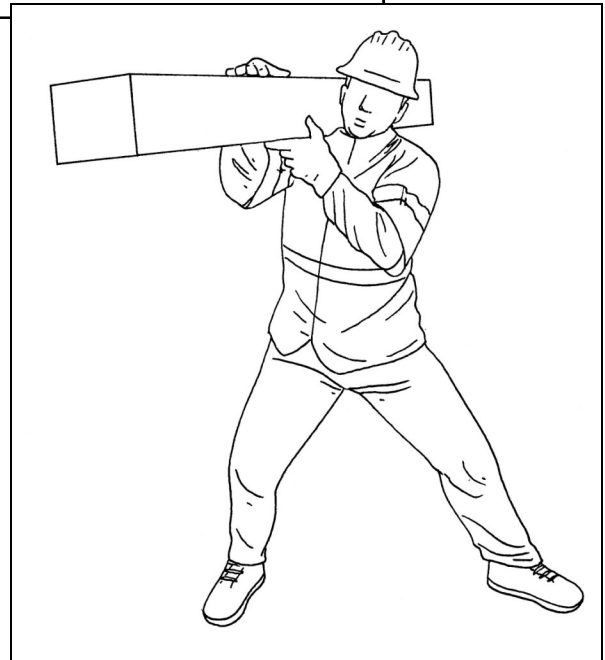
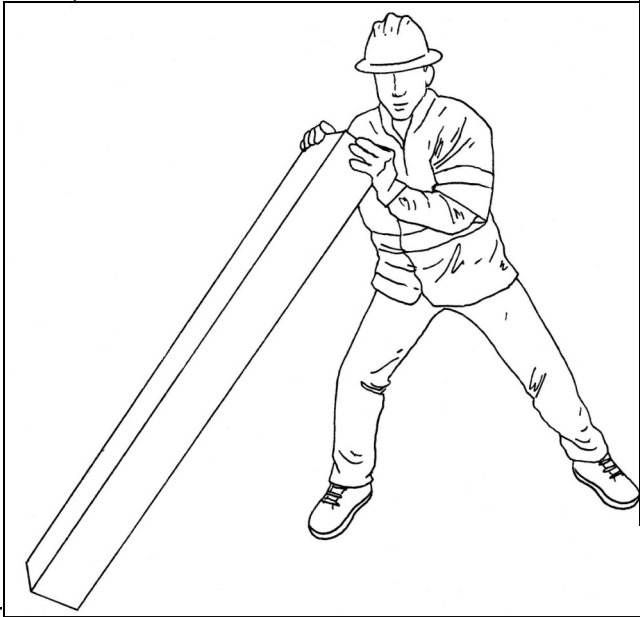


POWERLIFT®
Lifting Training that Works!



LIFTING GUARD RAIL POSTS

Lifting a guard rail post is serious work, especially if you are not a large person. To make this job as easy as possible, use this method. First, roll the long piece of post to bring it up on one edge. That allows you to grasp and lift it by the corners instead of reaching your hands all the way under it. Then with your legs, stand the post up to vertical. Now very importantly, move yourself under the center of the post, keep a wide **POWERLIFT®** stance and tip it up onto your shoulder all the while holding the weight with you legs. This is the strongest way to lift a post and will keep the entire load off of your back!