



LIFTING LARGE BULKY BOXES

Lifting large, bulky boxes can be very hard on the back unless you know the POWERLIFT® / Tip the Load technique. But, did you know that there are two versions of this method? The first, as seen in the illustration above, is to simply tip the box into you, grasp the corners and lift it keeping it close to your body. This is a standard Tip the Load.

However, what if the box is simply too big to tip into you? In that case you would still Tip the Load, but this time, tip it away from you. Remember, as you tip it away from yourself, you must step toward the box at the same time. That keeps you close to the load. This last method is also seen in the illustration above. The reason both techniques can be shown with the same illustration is that you end up in exactly the same position either way. In the second case, the worker has simply stepped forward with her left leg to get her close. Then grasping the corners, she will lift the box the same as in the first example. If, for some reason this does not make sense to you, be sure to ask your POWERLIFT® Trainer for an explanation. Understanding these two techniques will serve you very well during your working years.