



## LIFTING LARGE, HEAVY BOXES

Lifting large boxes by the handles just doesn't work very well. That's because many times these boxes are too big to get close to if you are being restricted by the handles. Instead, use a POWERLIFT® Tip-the-Load technique for the job. Use the handle to pull the box out to you, then begin tipping it upright so that you can grasp the corners. Then with a wide stance and your knees bent, lift it with your legs. The weight of the box will actually feel less this way, simply because you are using your body more efficiently for the lift.