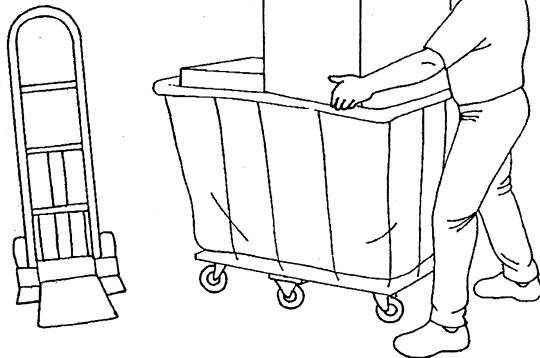
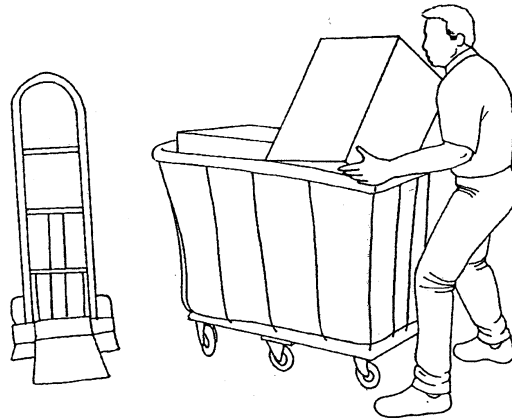


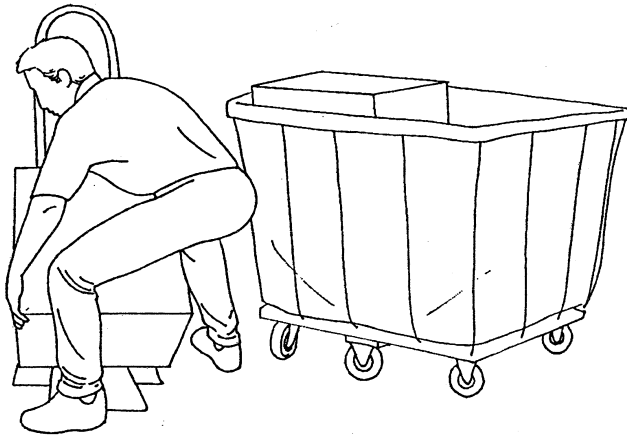
When handling large parcels and lifting them from a hamper, make the job easier by tipping the load before you lift it.

Then to help hold the weight of the load, set the edge of the parcel on the lip of the hamper as you bring it up and out.



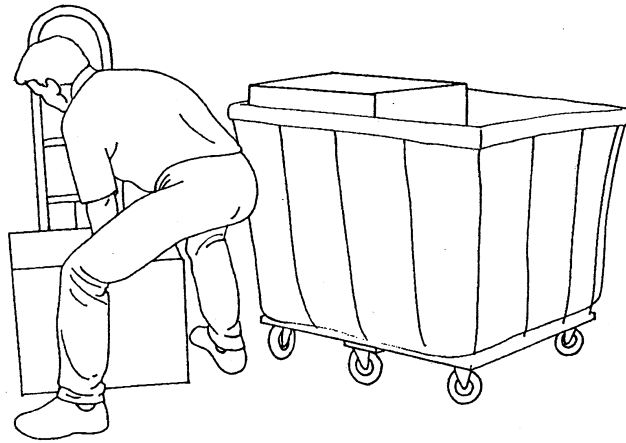
Once the parcel is resting fully on the lip of the hamper put yourself in a wide POWERLIFT® stance as you begin to lift.

LIFTING LARGE PARCELS FROM THE HAMPER



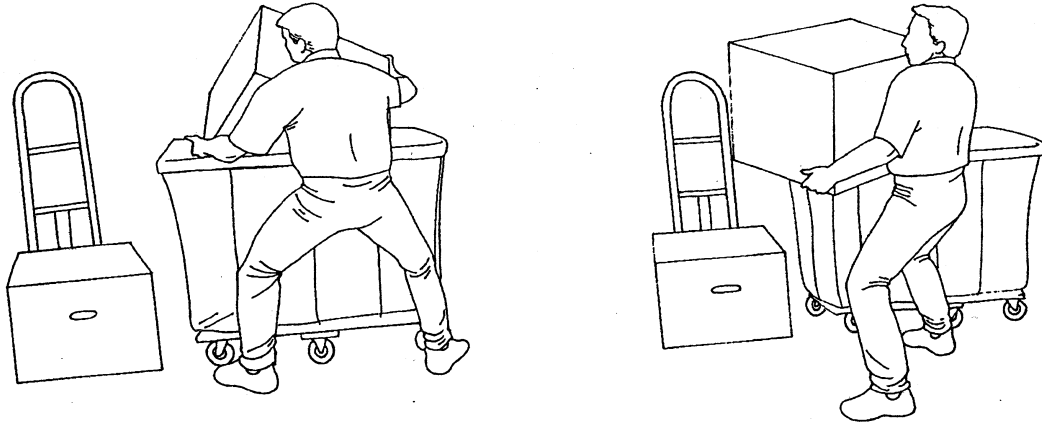
When setting the parcel down, use another Tip the Load sequence. Place the parcel down on its edge first, then let it tip down to the floor. This way the floor is holding the weight of the parcel and you don't have to bend down as far.

Use the same Tip the Load strategy for the next large parcel. In this example the carrier is handling large computer shippers.



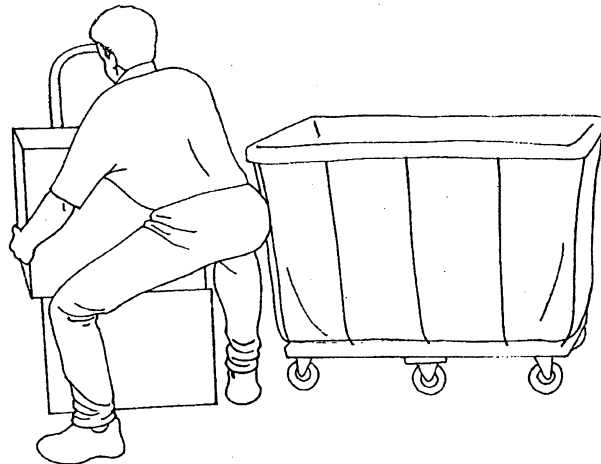
LIFTING LARGE PARCELS FROM THE HAMPER

Page 2



Once again the carrier has set the edge of the parcel on the lip of the hamper and then steps out into a wide POWERLIFT® stance as he lifts the load.

As the load is lowered to the top of the first parcel, note that the carrier this time doesn't sit it on edge. This is because he does not have to go all the way down to the floor. He only has to go to the top of the first parcel which is easy to do. This is an example of good use of the legs keeping the back out of the job.



LIFTING LARGE PARCELS FROM THE HAMPER

Page 3