



There are two ways to lift a large, bulky load such as a Number One Sack. One is to step over the load, then with one hand reach down and tip the load into you. As the load moves up and close to you, lift it with a wide stance POWERLIFT®. This creates a very effective POWERLIFT®/Tip the Load technique.



Another method is to use a basic POWERLIFT®. This is done when the load is within easy reach or can be grasped easily. Once again, step over the load instead of standing along side of it before you lift.

- ▶ Attempt lifting Number One Sacks the way you commonly have been doing while standing along side of the sack and compare this to a POWERLIFT® while standing over the sack. Remember, there are occasions where tipping the load first before lifting it is appropriate to make the job easier.
- ▶ Note: Load should not exceed 70 lbs. Contents of excessively loaded sacks should be distributed into empty sacks until the weight is appropriate.

LIFTING LARGE SACKS AND POUCHES