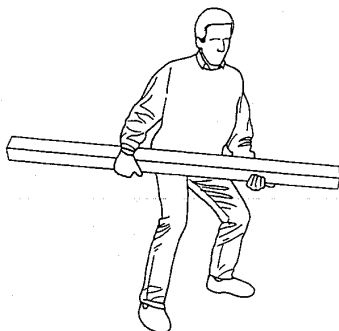


Using a POWERLIFT® / Tip the Load technique is the best approach for something like a piece of lumber, pipe, log, or other long, heavy objects. First, stand over the object with a wide stance and at a 45° angle to the long axis of the load. Then going down with your legs and forward at the hips, use POWERLIFT® to lift one end up, tipping the load.

Once you have one end of the load up, you can then walk yourself to the middle and begin using your leg as a fulcrum. To do this, let the object rest on your outstretched thigh, allowing it to pivot up on your leg.



Once the load is up on your leg, it is a simple matter to finish with a POWERLIFT® and carry it away.



LIFTING LONG HEAVY MATERIALS