



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



Once you have one end of the load up, you can walk yourself to the middle of the load 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® . Putting the load down requires the same routine, but in reverse order. As you lower the load, let it first rest on your thigh, then pivot to the ground. Walk yourself back to the end, then set the end of the load down directly between your feet. This will leave you with a finished position that is exactly the same as the starting position—standing over the load in a wide stance at a 45 degree angle to the long axis.

## LIFTING LONG MATERIALS