



1. To lift and handle a long roll of poly or other material, stand over the top of the load. Bridge to your leg with one hand while the other hand reaches down to grasp the core.
2. Tip the roll up towards you, then grasp the bottom of the core with your free hand.
3. With the roll in this position you will be able to pivot it up on your thigh. This way you are only lifting one-half the weight of the load at any given time.
4. To walk with a load such as a roll, let it ride on one of your thighs. This is a much easier way to carry a load than holding it out in front of your body.

LIFTING LONG ROLLS