



LIFTING LONG SIGN POSTS

Here is the easiest way to pick up a long pole or post. Instead of lifting it in the middle, which is what most people do, stand it up from the end. Use your legs in a wide stance, bridge to your thigh with one hand, then lift it with the other hand. Now, walk yourself to the middle of the pole and step into another wide stance as you let the pole settle onto your shoulder. You can then support the weight of it with your legs as you carry it away. This is using **POWERLIFT®** and this will take all the load off of your back and put it on your legs **where it belongs!**