



LIFTING PARTS FROM THE CART

Lifting parts, even small parts, from the low part of a cart can cause you to put a bend-twist on your lower back. You should be aware that the low back is made to bend when necessary but it is not made to bend and twist at the same time. Bend-twisting is the most common way that low backs are injured. To avoid injury, learn to use a wide POWERLIFT® stance as you lift. The key is to open up one side of your stance so that you have room to move the item into. That way you can keep your lower back from twisting and you keep the load close to you all in the same move. Keep from bend-twisting your back, you will last a lot longer that way!