



## LIFTING PARTS FROM THE FLOOR

Sometimes we are so used to using our back to lift that we don't even notice that we are doing it. We also should be aware that it is not always the weight of the part that can hurt us but also the weight of our upper body.

A good way to avoid this is to use PowerLift. The wide stance lets your hips do the pivoting instead of your back doing the bending. In addition, remember to Tip-the-Load as you handle the part. Tipping brings the weight of the load up to you and can create better hand holds making the job easier on you. Always, protect your back and use **POWERLIFT®**