



LIFTING PARTS FROM THE SHELF TO THE CART

Here 's a fact. The POWERLIFT® stance is your work stance and should be used for nearly everything you do. Here is how to lift a part from the storage shelf to the cart using POWERLIFT®. First, stand in a wide stance at an angle to the shelf. Opening up one side, by standing at an angle, creates a space for you to move the load into. That keeps the load close to you and relieves the stress placed on your back. Once you have the lifted the load and approach the cart, step out again into a wide stance as you place the part onto the cart. To get even closer to the cart you can put one foot around the side of the cart as you bend your knees and sit the part down with your legs. This is the way to handle yourself as you work and will keep your back, neck, shoulders and knees in good shape as the years go by!