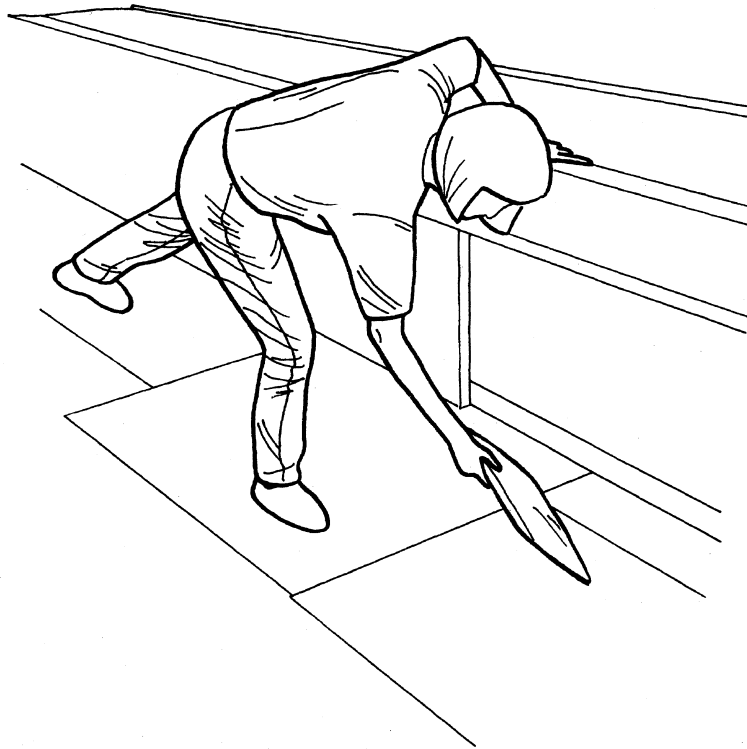




There are two methods of accomplishing this without using your back. First, if you are standing near a bench, table or other sturdy type object, hang onto it with one hand while you step out into a wide stance with your opposite foot. Then, using standard POWERLIFT<sup>®</sup> technique with your knees bent to 100°, go forward at your hip sockets and pick the letter, pencil, paper clip etc. from the floor.

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Another method is to use a standard Golfer's Bend. Remember however, that a Golfer's Bend is a supported lift so hang onto a sturdy object with one hand while you pivot at the opposite hip and lift the load with your opposite hand.

- ▶ Explain to everyone that we will oftentimes load our back with at least 500 lbs. of pressure just to back lift a pencil off the floor. This can be explained by understanding the 10:1 Spinal Leverage Ratio. It is very important that everyone understands that it is not the one time of loading your back with 500 to 1000 lbs. of pressure that destroys it but rather the 5000 times a month we back lift on average that gradually wears us out.

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