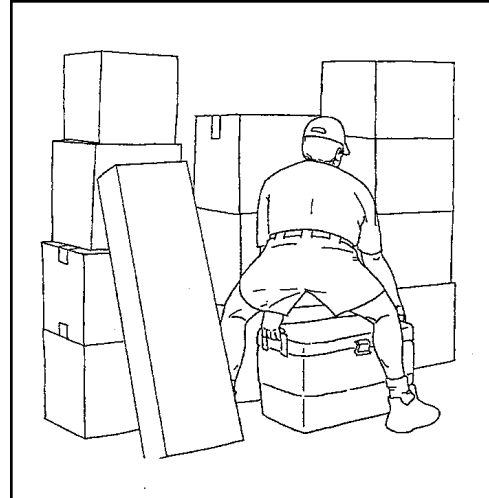


Lifting two handled items, like the cooler seen in the illustration on the left, should never be done with your back. This slowly stretches your back ligaments and eventually will leave you with an arthritic back.

Instead use a basic POWERLIFT® on items like this. The key here is to stand over the load in a really wide stance and step far enough over it so that the weight will be hanging underneath you instead of out in front of you. Then keeping your back in neutral, lift with your legs. You will find this to be a very powerful way to handle large heavy objects like a cooler.



## LIFTING TWO HANDLED COOLERS