



LOADING THE TRUCK FROM THE CONVEYOR

Repetitive work is always hard to do, especially if you are used to using your back for the job. Your legs are twice as strong as your back and are made to do the job, so why not learn to use them instead. When you move toward the conveyor, use your last step to put you into a wide POWERLIFT® stance and let your legs do the work. When setting the box down, again use your last step to put you into a wide POWERLIFT® stance. You can use your legs to load every piece of freight on the truck. Save your back from repetitive stress, use POWERLIFT®!!