



When reaching down to the floor to pick up something small and light, never use your back like a crane. It is not the weight of the small object that will wear on you but rather the weight of your upper body. If you think about it, your back is holding up all of your upper body weight which averages 75-85 pounds! Keep that in mind the next time you do a back lift.

Instead, hold the weight of your upper body and the weight of the object you are lifting with your legs. Do this with a wide POWERLIFT® stance as shown here. Also note that if you only need one hand to grasp the object use the other hand to **Bridge** to the opposite leg. This transfers all of your upper body weight directly to your leg while bypassing your back.



PICKING SMALL PARCELS FROM THE FLOOR