



**PICKING UNDER LOW RACKS
(POWERLIFT® Stance)**

Using a wide POWERLIFT® Stance when picking lets your hips do the bending instead of your back.

Note how the worker is facing the rack at an angle. With one foot close, and the other out and away, you open up the space you need to handle the load. If it is a one-handed lift like this, you can make the job even easier by bridging your free hand to the rack. That brings your upper body strength into the picture to help hold you up as you reach.

When two hands are needed to grasp a load, you can still use the wide stance at an angle to the rack to help keep your back out of the work. Be sure to Tip-the-Load as you begin to pick it up. That helps bring the load up and towards you as you lift it, to help make it easier.