



PICKING UP LARGE SACKS

When you find the need to lift a large sack of flour or other product off the floor or a pallet, try this method. Stand over a corner of the sack in a wide POWERLIFT[®] stance. If necessary, you can put one foot up on the pallet to help position yourself over the load. Then make the job even easier by tipping the bag up into yourself, by pulling up on the far corner. Then, using your legs like an elevator, lift the bag up and pull it close into you. This makes for an all legs and no back lift.