



PICKING WITH THE GOLFER'S BEND

1. To reach for the back of the pallet use a Golfer's Bend. This allows your hip to pivot and keeps your back from bending.
2. As you slide the load towards you, transition from a Golfer's Bend into a wide stance POWERLIFT[®]. This allows you to remain in a Power position as the weight of the load moves toward you. As the load tips off the edge of the stack you can grasp it with your hands and arms and carry it away.