



This is a strenuous job that can be made much easier with these simple steps.

First, assume a wide POWERLIFT[®] Stance in front of the pallet to be lifted.

Grasp the pallet with both hands as you lift, but don't lift it with your arms, instead lift it with your legs.



Now the really important thing is to lift the pallet only as high as your thighs, then actually set it down on your thighs.



Once the pallet is resting on your thighs, you can take whichever is your strongest arm and place that hand under the edge of the pallet.

Placing one hand under the pallet allows you to throw the pallet up to the stack from behind your knees and not in front of them.

Throwing the pallet from in front of the knees forces your back to do part of the work. Keeping the pallet behind the knees keeps the load close to you and lets your legs and arms lift and throw the pallet up to the stack, instead of your back.

PLACING A PALLET UP ONTO A STACK