



POWERLIFT — ON A LOAD WITH HANDLES

To **POWERLIFT®** a load with handles remember these four simple steps.

- 1- Approach the load from the corner, it will fit better that way.
 - 2- Step over the load in a wide stance, that gets you close.
 - 3- Lift your head and chest, that puts your back in neutral.
 - 4- Lift with your legs like and elevator, instead of your back like a crane.
- Use these four step to lift anything with handles. If the load is too big to step over, be sure to check out some of the other Safety Talks that show how to lift large loads.