



The most common mistake people make when removing parcels from the Platform Truck is to dead lift them rather than sliding and tipping them. To effectively lift a parcel whether light or heavy from the Platform Truck, approach with a wide stance and use a POWERLIFT® Tip the Load technique. To make this technique even more efficient, learn to Tip the Load directly between your knees. You then will be lifting with the load as close to you as physically possible. This technique works not only for parcels but also for sacks and pouches.

- ▶ Practice lifting loads from a Platform Truck by first sliding the load to you, then tipping between your knees. Note that various parcels, while in different positions on the Platform Truck, will require that you approach the Platform Truck from different angles. Practice the technique until you can step up to the Platform Truck, kick a foot outside and tip the load into you, then lift and carry it away, all as one smooth move. You will find that once you become used to this technique it is many times easier than the old back lift method.

## **PULLING PARCELS FROM THE PLATFORM TRUCK**