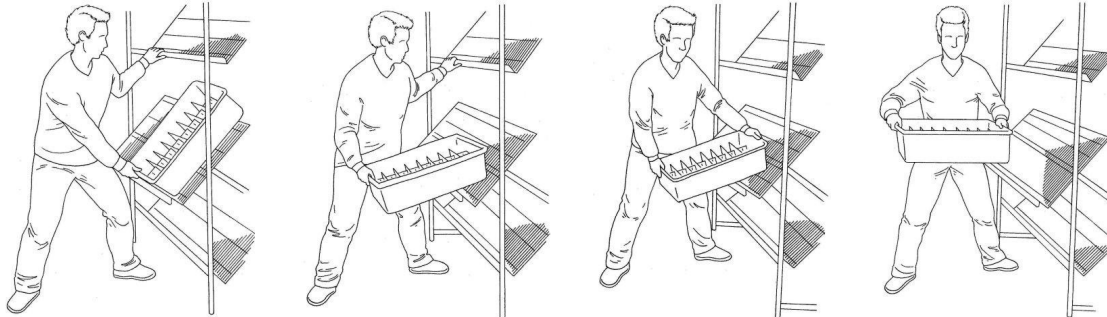


PULLING TUBS FROM SLANTED RACKS

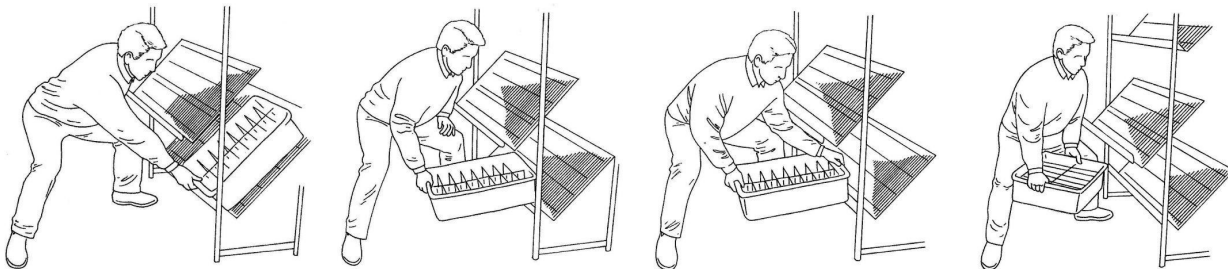


Slanted racks are used to make the job of removing tubs from them easier. But, if you reach for the tub with both hands at the same time, you are making this job much harder than it has to be.

Here's the easy way! Stand at an angle to the rack with a wide POWERLIFT® stance. Standing at an angle opens up a space for the tub as you pull it to you. Be sure to bridge our free hand to the rack to increase your strength for the job.

Now, lift the bottom of the tub up over the lip of the rack and let the tub slide down the rack to you.

Once the tub has slid down to you, then you can grasp it with your other hand and carry it away.



If the tub is on a lower shelf, you can do the same thing, except this time bridge your free hand to your thigh.

Let the tub slide down the rack so it moves toward you.

When the tub has moved all the way down, then you can grasp it with your free hand.

Finish with a POWERLIFT® if the is heavy, let it ride your thigh as you walk with it.