



## REACHING FOR THE LAST BAG ON THE PALLET

There are two ways of pulling a load to you when it is on a pallet, that will keep your back out of the work. The first is to put a foot up on the pallet, keep a wide stance with your knees bent and pull the load to you before you lift it. The second is to use a one-handed, bridged POWERLIFT®. Pulling with one hand can be a really strong way to pull, especially if you bridge your free hand to your thigh. With a one-handed pull, you can also reach further than with two hands and generally make the job easier. Always work easier, use POWERLIFT®!