



SASH LIFTING TO THE TABLE

Lifting a sash and putting on the table can put a stress on your back if you forget to use leverage. To pick the sash up, lift it with your legs using POWERLIFT[®]. Then to set it on the table, step around to the side of the table and before you set it down, spread your feet, bend your knees and lean your body into the table. That way, as you set the sash down, the table is holding you up, not you holding you up. This is a very good way to keep the load off of your back and will help protect you so that you can continue working for years to come, instead of becoming disabled!