



SHOVELING IN TIGHT PLACES

You might not have looked at it this way but using **POWERLIFT®** to shovel in a tight space takes no more room than using your back and in fact, can even take less space. The important thing to remember is that you should only use your back WHEN THERE IS NO OTHER CHOICE!! In the tight area shown above, there is plenty of room to spread your feet, bend your knees and use your legs to shovel. Get creative as you work and try to figure out how to use your legs instead of focusing on why you can't. You will find that you can use your legs the majority of time!