



TWO HANDED LIFTING

Quite often we find ourselves bending down to lift two objects like that seen in the illustration on the left. This is a pure back lift and should never be done.

Instead, use a POWERLIFT® like in the illustration seen on the right. Simply step in between the two items you need to lift, and keep a wide stance. Then, go down with your legs, bend forward at your hips, keeping your back in neutral, and lift. You can set the items back down again using the same method in reverse. This is a great way to lift two objects whether they are suitcases, buckets or any two items with handles.