



ORDER SELECTION—PALLET TO HAND CART

Take a look at the two images on the left. This is typical back lifting and to make it worse the worker is putting a bend/twist into his lower back. Working like this will cause you to end up with an arthritic back and will control what you can and cannot do later in life. On the right side, the worker is using a wide stance POWERLIFT® to move the cases. Note how the wide stance lets his legs and hips do the work and keeps the bend/twisting off of the back. This is POWERLIFT® and will help you to have a good functioning back all your life!