



OPENING THE STORAGE SHED DOOR

Opening a roll-up type door can be difficult, especially if it is a little stubborn. The easiest and most powerful way to do it is to use your legs and your upper body for the job. If you reach down with one hand to pull the door up, make sure to bridge your other hand to your thigh so you can also use your upper body strength for the lift. As the door comes up, take your bridged hand and apply it to the door to help with the lift. Now, as the door comes further up, put both hands under it and push it up with your legs. Using **POWERLIFT**[®] like this will absolutely help make this job easier on you and you won't be so tired by the end of the day!