



Use this method whenever you need to pick up a tool from the ground. First, step up to the tool in a wide stance. If you will be lifting it with only one hand, make sure to bridge your other hand to your thigh. Bridging helps make you stronger for the lift and is actually something you would do automatically if you were really tired. If bridging works when you are tired, it will work any time to make your tasks easier. This is called a One-handed, Bridged, POWERLIFT<sup>®</sup> and it works great!

## LIFTING TOOLS