



STACKING CONES

Stacking cones can be hard on your back because you have to constantly bend down and pick up the ever-growing stack. Let's not use our back and instead use the legs for this job. It is simple to do, if you have a feel for taking a wide stance, bending at the knees and pivoting forward at the hips as you go down for the lift. Then, use a POWERLIFT® tip-the-load to pick up the stack of cones. Tip-ping the stack of cones makes it much easier to pick them up because the base of the cone comes up off of the ground so you can reach it without bending down so far. This is using **POWERLIFT®** and is the way to protect and preserve your back so that it will serve you into the future!