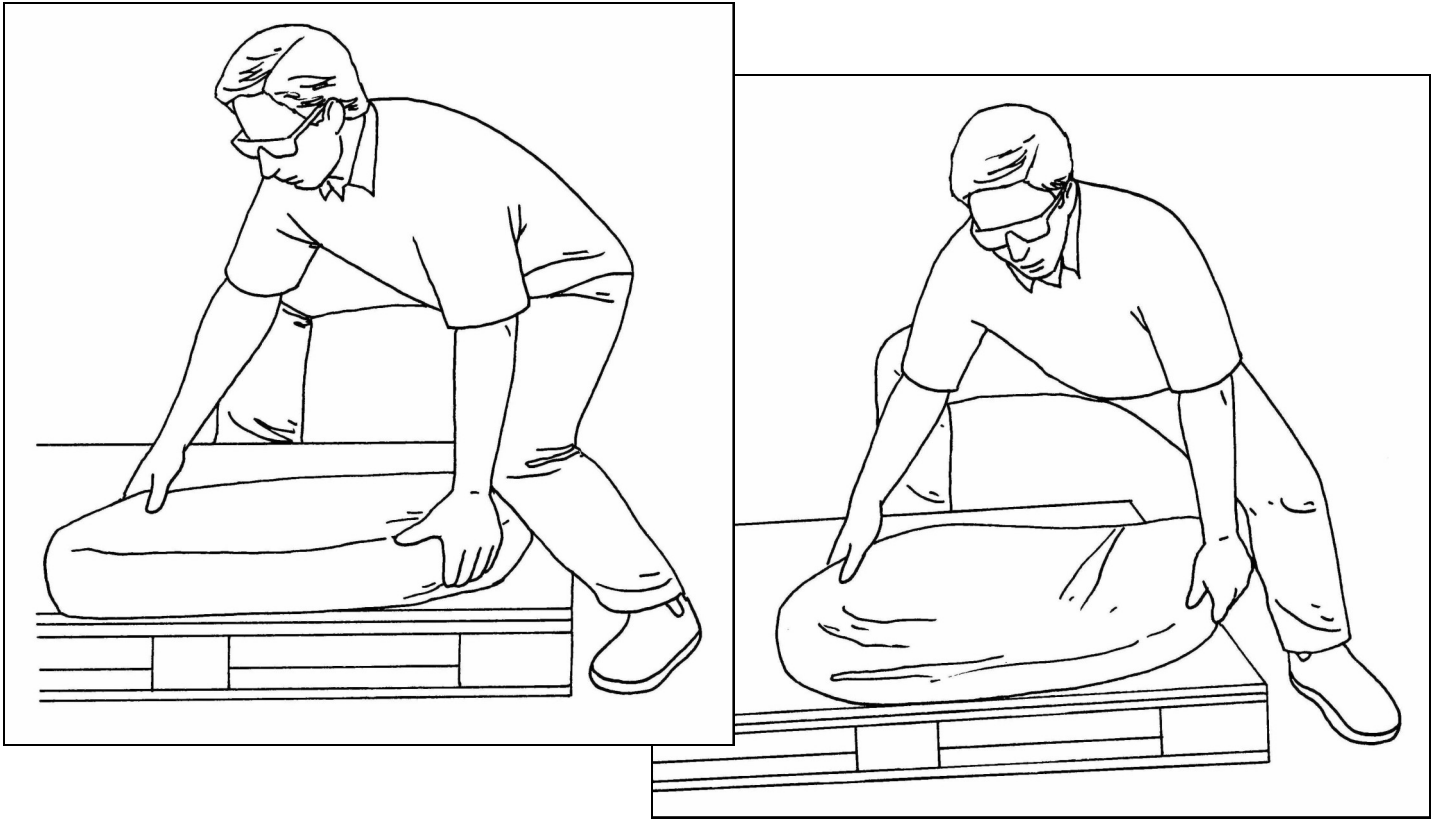


TROUBLE SHOOTING GUIDE



WRONG FOOT PLACEMENT WHEN WORKING OFF A PALLET

There is a subtle but important element when working off of a pallet and that is foot placement. If the student has one foot pointing towards the pallet the lift will be difficult and they won't like the result. That is because the knees track the same way that the foot points. If the foot is pointed at the pallet, the knee will track into a position that blocks the lift and makes it harder to accomplish. Instead, make sure the feet are both positioned parallel to the sides of the pallet. In other words, they are positioned 90 degree to one another. This allows the knees to diverge as they bend and helps to create the strong **POWERLIFT**[®] stance that is needed for any type of lifting scenario!