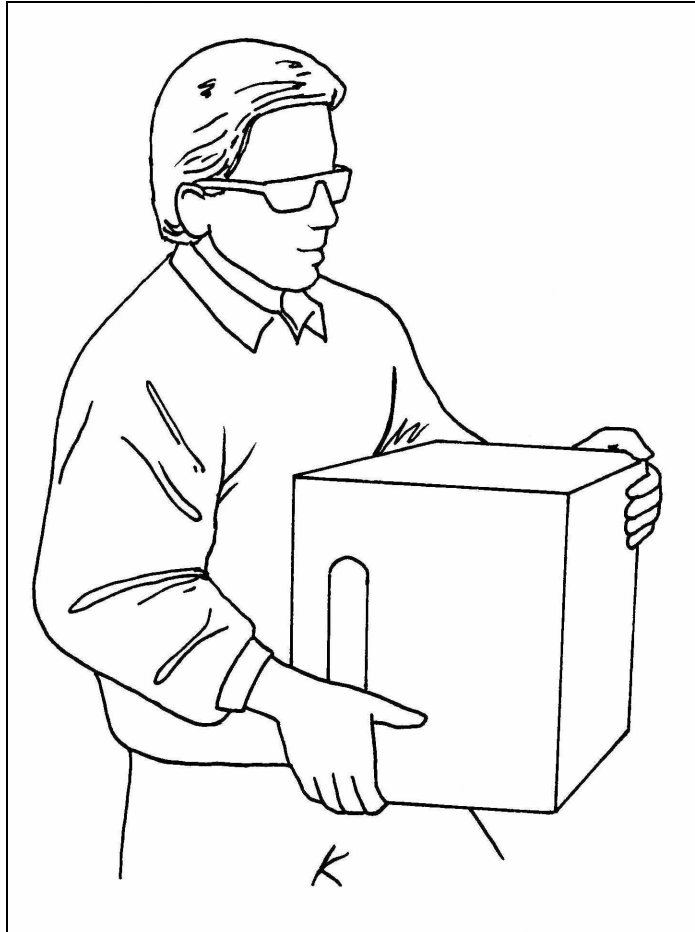
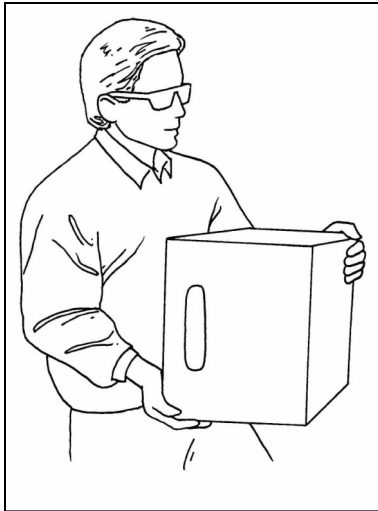


TROUBLE SHOOTING GUIDE



WRONGE HAND POSITION WHEN TIPPING THE LOAD

When doing a **POWERLIFT**[®] Tip-the-Load, the student places the lower hand behind the load. This will result in problems with carpal tunnel syndrome, wrist tendonitis and wrist arthritis. Correct the problem by having the student place his lower hand at the side of the load so that the wrist is in neutral. To place the wrist in the proper position the student should move the hand to the side of the load just after tipping it and just before lifting it.