



MAINTENANCE DEPARTMENT

There are **an infinite number** of tasks that must be performed in the **Maintenance Department**. We can use **POWERLIFT**[®] for nearly all tasks. However, there are always problem situations that crop up where it is impossible to use good, safe technique. These are the moments when we need to **stop, think and get help**.

A large amount of time is spent **bending and reaching** to fix equipment and maintaining the facility. It is important to remember that one episode of bending and twisting will not hurt the back. Rather it is the constant, repetitive nature of these bad habits that will eventually wear the back down.

There are over 100 **Mini Sessions** depicting many different tasks that you may be faced with while performing maintenance duties. Review them and learn to take your back out of the task with **POWERLIFT**[®].