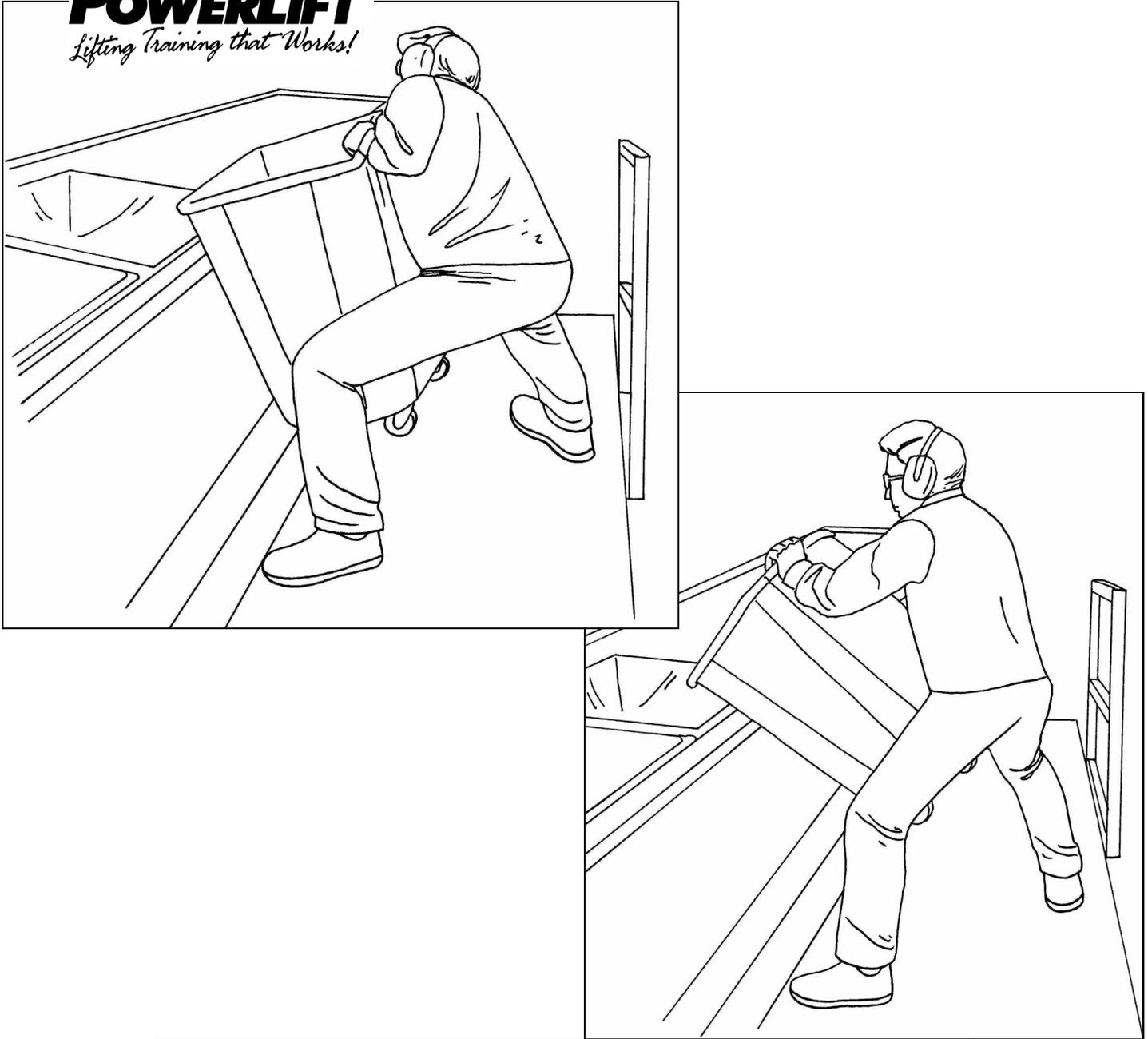


POWERLIFT[®]
Lifting Training that Works!



EMPTYING THE RECYCLE CAN

The glass recycle can creates a heavy lift, so make sure to surround the can in a wide stance and lift it with your legs. As you pivot the can on the edge of the hopper, keep your wide stance so that your legs do all the work....and if the can is too heavy, be smart and get help for a team lift!