



## HANDLING PLASTIC PALLETS

Here is a great way to lift and stack plastic pallets. First of all, never do it with your back but instead, use a wide POWERLIFT® stance. Tip it up using one hand with your other hand bridged to your thigh. This increases your strength and transfers your upper body weight directly to your leg by-passing your back. Once the pallet is up and you have gripped it with both hands, keep your wide stance and lift it up to the stack. This action might look like a twist to the back but if you keep your wide stance, the twisting stays in the hips and pelvis.

Keeping your POWERLIFT® stance all the way through this job will protect your back and keep you feeling good!