



LIFTING BOXES OF PRODUCT

Using your back over and over again like this to handle boxes of product is not a good idea. Not only are you lifting the weight of the product but also the weight of your upper body. The weight of your upper body is much heavier than the load you are lifting almost all of the time and can really add to the stress your low back must deal with. A much safer and healthier way to lift is to use a **POWERLIFT® Tip-the-Load**. Stand in a wide stance at the corner of the pallet as seen here. Bend your knees, then tip the load towards you before you lift it. This is a much easier way to work because your legs are twice as strong as your back!