



LIFTING DAIRY TOTES

Lifting anything like you see above is really just using your back for the job. This is the type of move that can injure your lower back and put you out of work. Instead, use your legs in a wide POWERLIFT® stance to take the load off of your back. If possible, stand at the corner of the stack to get really close to the load, grip the corners of the tote instead of the handles, bend your knees and lift the load with your legs. This will go a long way toward helping you keep a healthy back and being able to work without pain!