



LIFTING FROM RACKS

When lifting from racks, especially low on the rack, it becomes very important not to use your back. In the illustration above, we see a worker sliding and lifting a heavy tray of meat from the bottom of the rack. He is using very good POWERLIFT® technique. But, we need to really look closely at what he is doing to truly understand how to do it well. Standing at an angle allows him to actually get closer to the load, while at the same time gives him room to pull the tray out toward his right leg. Once the tray is pulled out, all he has to do is lift it with his legs, turning it into his midsection on the way up. This is a terrific POWERLIFT® technique.