



## LIFTING FROM MID LEVELS

When lifting a box of product by the handles from a middle level, you can make good use of your legs if you use a wide POWERLIFT® stance. The easiest way to lift in this situation is to slide the load up onto your leg instead of lifting it. Position yourself so that one leg is in front and close to the load and bend your knees. You have now created a platform out of your thigh that you can slide the box up onto. This method beats lifting the load any-time!