



LIFTING FROM UPPER LEVELS

When lifting a box of product by the handles from an upper level, you can make good use of your legs if you use a wide POWERLIFT® stance and by bridging. Depending on your own height, if the load is up at chest level or higher you need to bridge to the stack as you pull the load towards you. This will double your upper body strength and make the job much easier. Then as you lift the load, pull it in close to you in order to keep the stress of the lift off of your back. This is a great way to work and will protect your back every day!