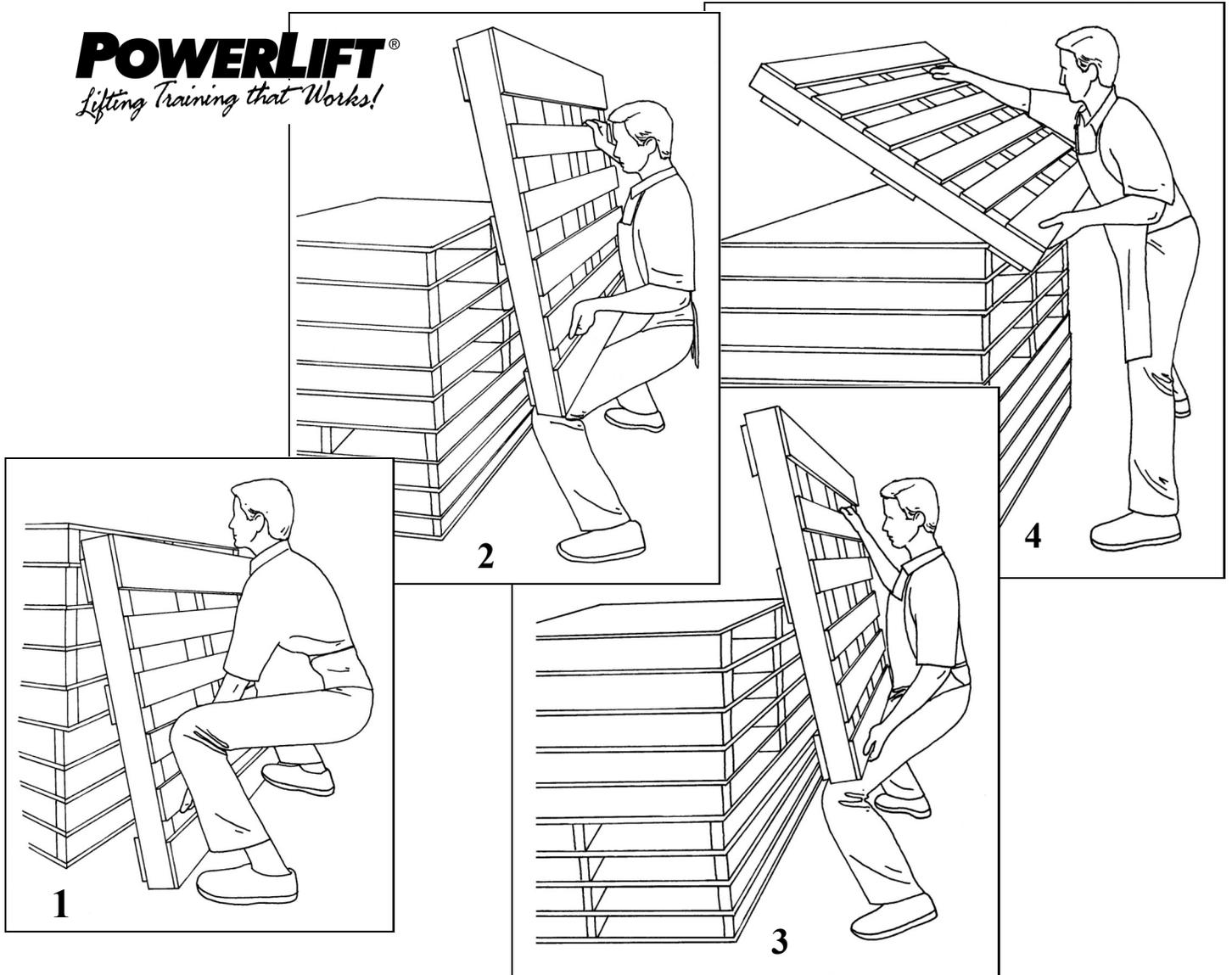


POWERLIFT®
Lifting Training that Works!



STACKING PALLETS

Here is a great way to lift and stack a pallet! First, make sure that the weight of the pallet is appropriate for a one-person lift. Then, take a wide **POWERLIFT®** stance close to the pallet with an **overhand/underhand grip.** Lift the pallet with your legs, not only with your arms, but with your legs and sit the pallet down on your thighs. Resting the pallet on your thighs gives you a chance to move your lower hand to the bottom of the pallet. That move will give you the increased strength and leverage needed to lift the pallet with both your arms and legs and place it on the stack. Once the pallet is resting on the edge of the stack you will not be holding the weight of it any longer and can then maneuver it onto the top of the stack. Try this method, it works great and you will love it!