

POWERLIFT[®]
Lifting Training that Works!



CARRYING IT ON YOUR SHOULDER

Yes, it is OK to carry items on your shoulder! If it hurts to put it on your shoulder, then you should not do it, but most people find this a very comfortable way to carry things. If you are climbing down the stock ladder with the load on your shoulder be absolutely sure to grip the hand rail with your free hand and keep a 3-point contact at all times with the ladder. This is a great way to work and is a safe way work also!