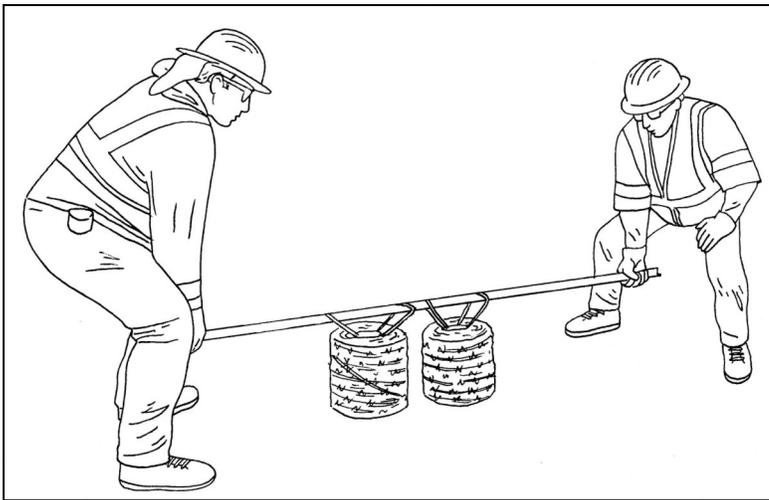
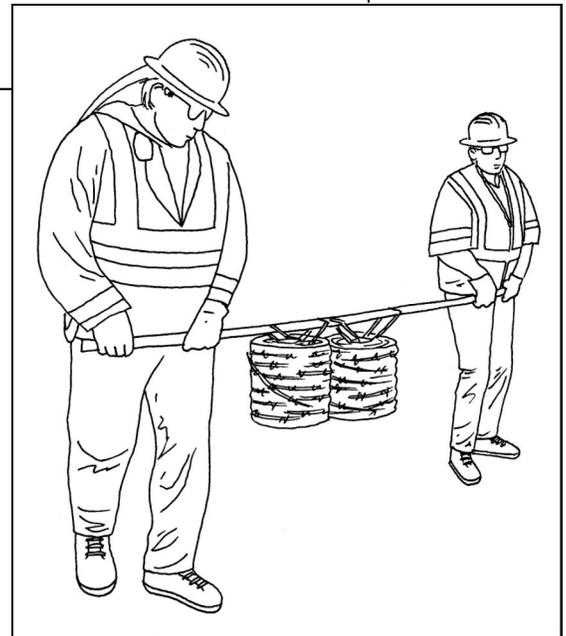
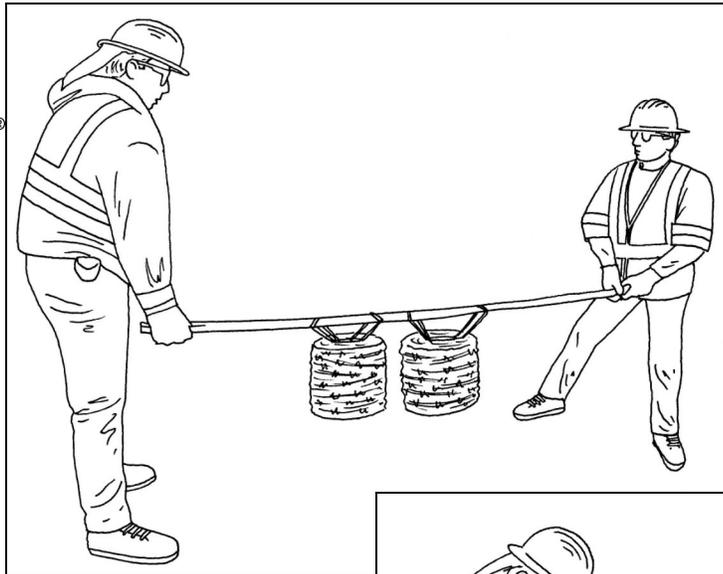


POWERLIFT®
Lifting Training that Works!



CARRYING ROLLS OF WIRE

Using a pipe to carry two rolls of heavy wire is a no-brainer, but how you lift and carry them might take a little planning. To use your legs for this job, both workers should take a wide stance and if you are going to lift with one hand, bridge your free hand to your leg. Then the act of lifting and carrying the wire is done entirely with your legs and not your back. To set the wire back down, step out into a wide stance and set it down with your legs. This is using POWERLIFT® and will keep you healthy so that you can enjoy retirement, without being so crippled up that all you can do is sit on the couch and watch TV. Always, use **POWERLIFT®!**