



## THE DISHWASHER

Most people, when loading or unloading the dishwasher, will stand in front of the door, bend forward the back, and bend/twist as they work. Instead, make the job much easier on yourself by using POWERLIFT®. Simply approach the door from a 45 degree angle, spread your feet and bend your knees. Now you are in a perfect POWERLIFT® position to work with the dishes. Remember, it is not the weight of the dishes that makes the difference here, but rather your body weight that you must hold up as you bend over the dishwasher door. Always use POWERLIFT®.