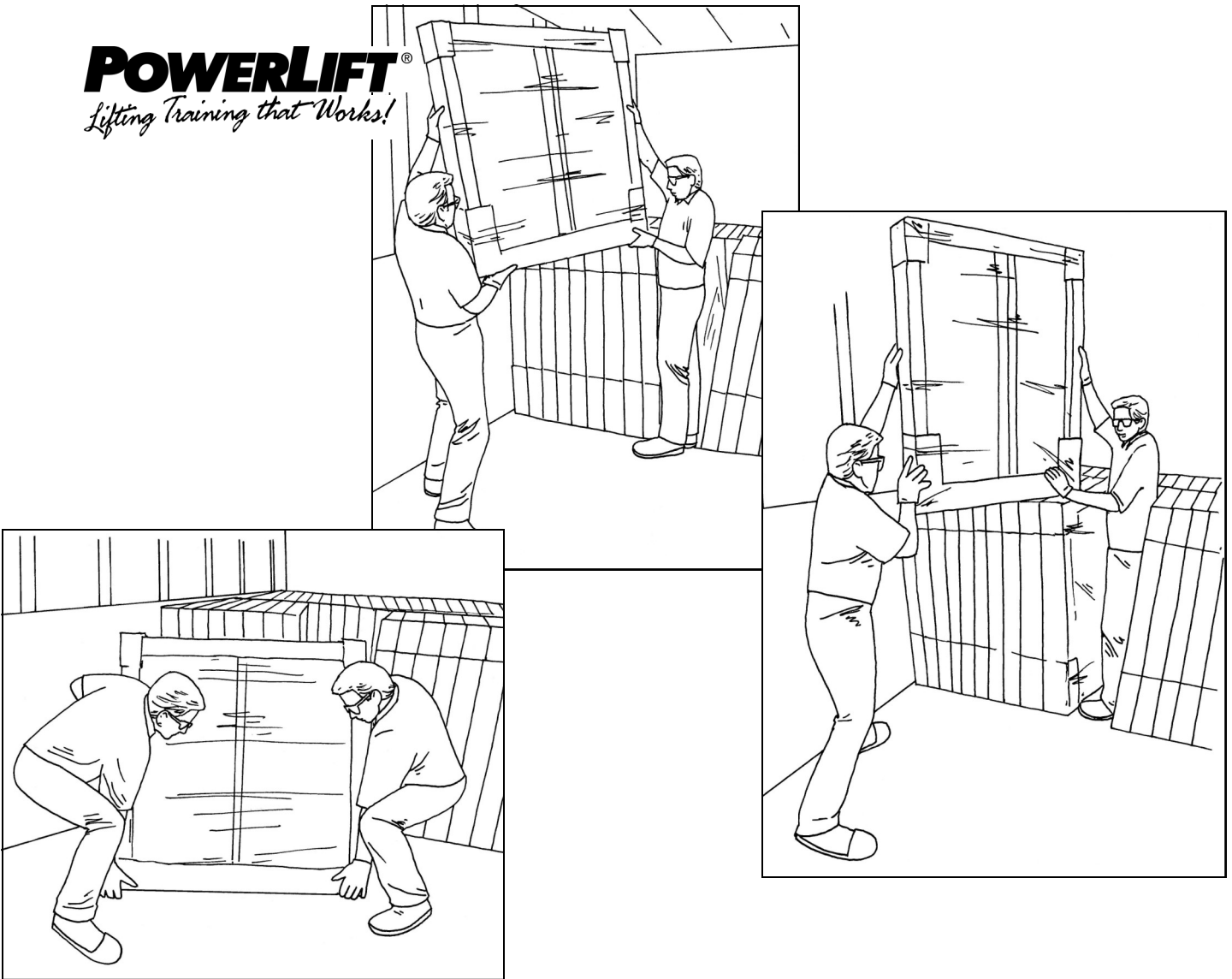


POWERLIFT[®]
Lifting Training that Works!



DOUBLE STACKING WINDOW UNITS

Double stacking inside a truck trailer lends itself very well to using your **POWERLIFT**[®] technique for lifting. To make it easy, take a wide stance, bend your knees and then tip the unit before you lift it. Tipping it allows you to grasp it without bending and twisting your back because you won't have to reach as far to get a good grip on it. And take a look at the lower right hand illustration, where the worker has opened up a space between the windows so he can step in and use his legs. Get creative when working to allow your legs to do the work because this is the only back you have!