



Using a one-handed, bridged POWERLIFT® is a great way to move heavy material. You will find yourself to have plenty of strength this way because bridging one hand to your leg ties in your upper body strength with your lower body strength. Just remember to always use a wide Power stance as you work to keep the load off your back and on your legs.

If you need both hands to handle the beam, remember to stay in your wide **POWERLIFT®** stance and get close and over the load as you handle it. Keeping close to the load shortens up the lever arm, (the distance between your low back and the load), so that your back has the smallest amount of stress as possible.

HANDLING I-BEAMS