



This is a great time to use a **POWERLIFT® Tip-the-Load**. As you approach the bridge allow your last step to put you in a wide stance. That way your legs take up all of the motion required to tip the bridge without bending and twisting your back.

As the bridge tips, simply grasp it with your other hand and walk away with it. Using a wide **POWERLIFT®** stance always takes the stress off your back and puts it on your legs where it belongs.

HANDLING THE WIRE BRIDGE