



## HANDLING WIRE WITH POWERLIFT®

### POWERLIFT® / Tip the Load

If the coil of wire is laying on the floor, step over it and stand it up on end utilizing a wide stance POWERLIFT® technique.

Once the coil of wire is in a vertical position, you can lift it to your shoulder. To do this, remember to stay in a wide stance POWERLIFT® position with your back in neutral, so that your legs do the lifting and not your back.

Although the coils of wire that you lift sometimes are very large and heavy, remember that you have very little choice in that you must lift the wire. Your only real choice in the matter is how you lift the wire, with your legs or with your back. Always save your back, use POWERLIFT®.

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