



Here is a great way to lift a ground pounder up to the back end of a truck without using your back. First, lean the pounder onto the lip of the tailgate. Then, step over the bottom of it in a wide stance and at a 45 degree angle to the foot of the pounder. The 45 degree angle opens up space for you as you lift it up to the truck.

Then lift it with your legs as you pivot it up to the tailgate. Notice how the worker is staying in wide stance throughout the entire lift.

As he pushes the pounder into the bed of the truck he is using his legs. He is able to do this with his legs because he has kept his wide **POWERLIFT®** stance for the entire job!

LIFTING A GROUND POUNDER