



## LIFTING A JACK STAND

There are two ways to safely lift a jack stand. The first is with a One Handed Bridged POWERLIFT®. Using a wide PowerLift stance bridge your free hand to your thigh and use the other hand to lift the stand. The bridge helps you to add you upper body strength to the lift, making it easier.

If the jack stand is relatively heavy, you should use a PowerLift Tip-the-Load to lift it. Tipping the stand helps bring it up to you and creates hand holds for grasping it. Using a wide PowerLift stance lets your legs do the lifting instead of your back!