



## LIFTING A LARGE PACKAGE WRAPPER

When it comes to lifting something large but not too heavy, like this wrapper, the bulkiness of the load can seem to get in our way. But there are two things you should keep in mind. First, is that it is not the weight of the wrapper that counts for much in this lift but rather the weight of your upper body. Second, is that you can overcome the bulkiness and get really close to the load if you use a wide stance with your knees bent. **POWERLIFT**<sup>®</sup> technique takes care of both problems and leaves you with an easier way to do the task so that you feel better after a long day on the job!