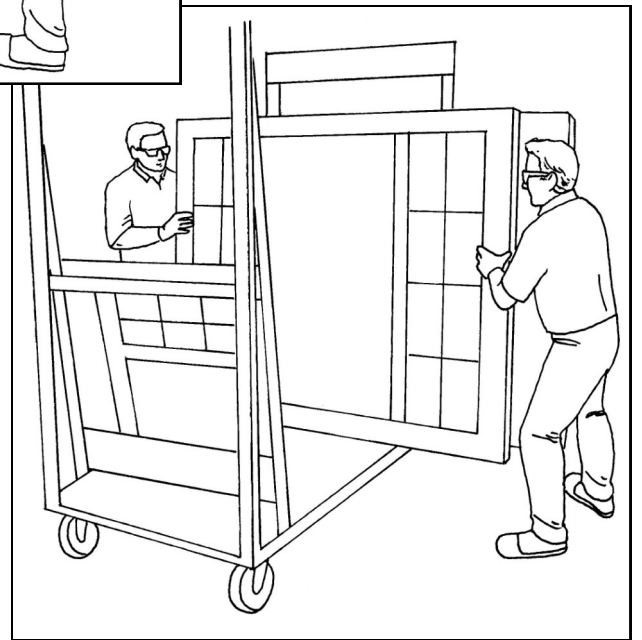


POWERLIFT[®]
Lifting Training that Works!



LIFTING A MULLED UNIT TO THE CART

Lifting a heavy window unit like this will be especially hard on the worker who is closest to the cart. That is because the cart is in the way and will force the worker to twist his back when he lifts the unit to the cart. The best way to get around this is to make sure the wheels of the cart are locked or chocked and then put your foot up onto the cart before you lift. Once the unit is resting on the cart, he can walk around to the other side and finish lifting and pulling the unit the rest of the way onto the cart. This is working smarter instead of harder and will keep you healthy and able to work!