



The safest and strongest way to lift something like an extension cord is to use a <u>One-handed</u>, <u>Bridged</u>, <u>PowerLift</u>. By standing over the cord in a wide stance and <u>bridging your free hand to your opposite leg</u> you will create a super strong lifting position. This takes all of the load off of your back and puts it on your legs.

## LIFTING AN EXTENSION CORD