



LIFTING AN INSULATED BOX PANEL

It is so easy to use your back to lift an object like this, simply because of habit. The problem is that repetitive lifting with your back will wear out the joints and you will be left with an arthritic back, just in time for your retirement. Make it your habit to lift materials in a wide stance with your knees bent. And when lifting off of a pallet, stand at the corner because it will give you better access to the item. Become a regular user of **POWERLIFT**[®], you have everything to gain by keeping your back healthy!