



This is the most useful method of lifting that there is. It is called a **POWERLIFT® Tip-the-Load** and can be used on most things that you handle. This is an example of lifting a short piece of pipe.

Start by stepping over the load in a wide stance. Since you only need one hand to tip it, bridge your free hand to your opposite thigh. Bridging ties in your upper body strength with your lower body strength, plus it transfers the weight of the load directly to your leg, bypassing your back.

Once you have the load tipped up, grasp it with your other hand before you lift it.

As you lift it, slide it up onto your thigh. That way your thigh is holding a good part of the load which makes it much easier to handle.

As you walk away with the load, let it ride your thigh. Your thigh will hold 30% to 50% of the weight of the load as you carry it away. This is working smarter instead of harder!

LIFTING A SHORT PIECE OF PIPE