



## LIFTING A COOLER

Getting help to do a two-man lift on a heavy water cooler is a good idea but so is using your legs for the job. Both of these guys are lifting with one hand but they are also standing in a wide stance and are bridging with their free hand to the thigh. Lifting this way lets you use your legs and also your upper body strength for the job. This is a smart way to work and will keep you healthy and able to work the next day, week, month, year and years!