



LIFTING BAGS OF SOFTENER SALT

Never lift a bag of salt with your back. Not only is the salt heavy, you are adding the weight of your upper body to the lift. Instead, try a PowerLift Tip-the-Load method. To do this, stand over the bag and tip it up onto one corner. That way the weight of the bag comes up off the floor before you have even lifted it. Then, grasp the corners and lift it with your legs. This way you are only lifting the weight of the bag without adding the weight of your upper body into the job!