



To make this job as easy as possible, stand in a wide **POWERLIFT®** stance over the corner of the pallet. This gets you as close to the load as you can be and will help to protect your back.

Then, tip the load as you lift it. Tipping the load brings it up to you before you lift it. Notice also that the worker remains in wide stance as he lifts so that the load stays on his legs and not his back. This way, by the time you retire, you will still have a healthy back and can enjoy your hard earned free time!

**LIFTING BAGS & SACKS
FROM THE CORNER OF A PALLET**