



LIFTING BEER KEGS

There are two ways to lift a beer keg, the hard way and the easy way. The hard way is to grasp the keg by the handles at the top and lift. The problem is that this requires a large amount of upper body strength to do. Unless you are viewing your work tasks as a workout, you might want to lift the keg without wasting so much energy. The way to do that is to simply tip the keg, then step over it in a wide POWERLIFT® stance, then grasp it with one hand on top and the other hand on the bottom. It takes a lot less upper body strength to lift the keg this way. This is the POWERLIFT® way to work efficiently, so that you are not so worn out by the end of the day!