



Use **POWERLIFT®** whenever you have to lift things like these short pieces of rebar. Stand in a wide stance as close to the load as you can. Bridge to your leg with your free hand while you reach for the rebar with your opposite hand and make sure to bend your knees and not your back .

Notice how this worker has stepped over the rebar on the ground so that he stays close to the load before he lifts it up to his shoulder. This is easy to do if you keep your wide stance.

Then, stay in a wide stance as you lift the rebar up to your shoulder to carry it away. This is using **POWERLIFT®** and will help you to keep from injuring and wearing out your back during your working years.

LIFTING BENT REBAR