



Never, ever, work with your back like this. This worker will have a serious case of arthritis long before his time and will suffer the consequences all through his retirement. This is pure back lifting and should never be done.

Try to always work like this. This worker has stepped over the corner of the pallet to get close to the load. He stays in a wide Power stance and tips-the-load before he lifts it. This is called a **POWERLIFT® Tip-the-Load** and is the best way to protect your back from injury and from becoming worn out before your time.

LIFTING BUCKETS FROM A PALLET