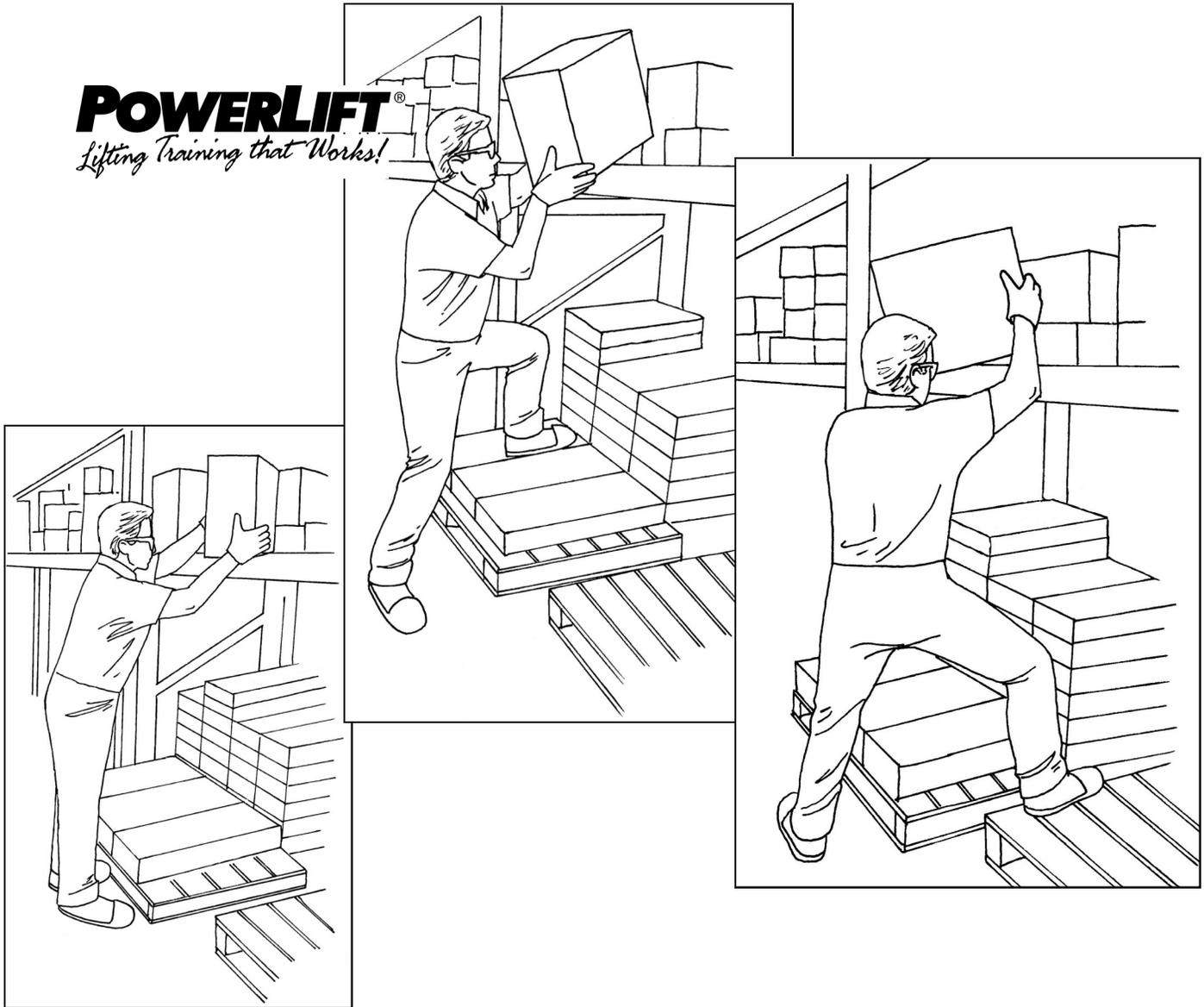


POWERLIFT[®]
Lifting Training that Works!



LIFTING FROM HIGH SHELVES

The one thing you just don't want to do, is lift from a high shelf like the guy on the left, above. He is too far from the load and will end up using his back if he lifts like this. Instead, put a foot up to give you leverage and to move yourself in closer to the load. If you can, put your foot directly on top of the boxes below and if you can't put your foot up on the boxes, then put it on the pallet next door. Either way, you will be using your legs and the load will be much closer to you as it comes off the shelf. Always work smarter and use your legs, not your back, as you roll through the day!