



1. Even though it doesn't look like much, the strain of lifting like this will gradually wear down your back. There are two much easier and safer ways to lift off of a table or work bench.

2. The simplest method is to simply slide the load toward you, then step out in a wide stance and POWERLIFT[®] it. Remember, a wide stance is your working and lifting stance which lets your legs do the work. A narrow stance forces your back to do the work and will eventually wear you out.

3. The easiest method is to slide the load toward you, then let it tip off the surface toward you. This way the load becomes positioned for an easy grip and if you are using your wide POWERLIFT[®] Stance your legs will carry the weight of the load.

LIFTING FROM TABLES AND BENCHES