



When the load is toward the top or middle level of the hamper, a standard POWERLIFT® can be used to raise the load.

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As the load is found deeper within the hamper, a Golfer's Bend becomes necessary. Be sure that your Golfer's Bend is supported by leaning the upper part of your body or your waist against the hamper lightly as you lift. Hampers should be tipped over to unload once it is half empty. Heavy loads should not be lifted from the bottom of an upright hamper.



A Golfer's Bend also works very nicely from the Utility Cart. Remember here to make sure one foot leaves the floor so that your opposite hip can pivot. This ensures that the loading is taken off the back and put on the legs.

- ▶ Practice using these techniques for lifting loads out of the bottom of a hamper or Utility Cart. Also try this interesting technique - the Double Golfer's Bend. Here we reach in with a Golfer's Bend with one hand to lift one side of a tray. Then switch feet and use another Golfer's Bend to go down with the opposite hand to lift the opposite side of the tray. This is a Double Golfer's Bend from the bottom of a hamper and is a very efficient way of lifting heavy flat loads from deep inside a hamper or bin.
- ▶ Note: Heavy objects should not be placed in Hampers because of the difficulty in lifting them.

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