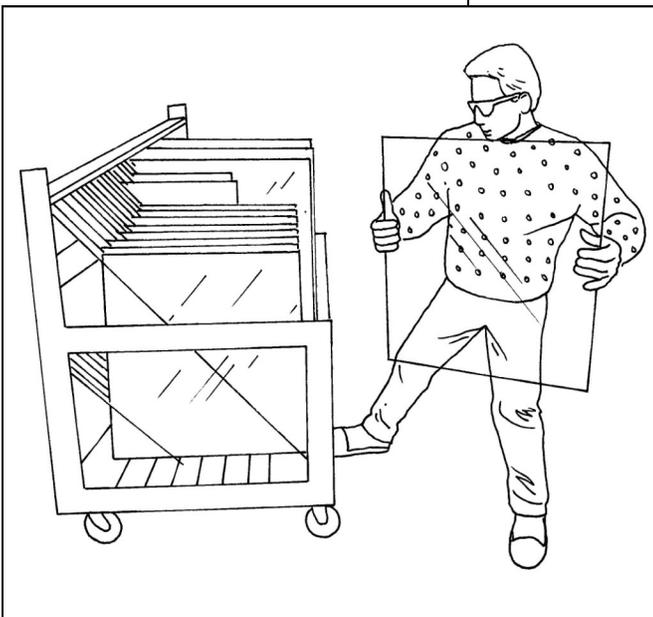


**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## LIFTING GLASS TO THE CART

Placing glass panes into the cart can be hard on your back because the weight of the glass is moving away from you as the glass moves into the slot on the cart. To keep the weight close to you and on your legs, approach the cart in a wide stance and stand at an angle to the cart. That will keep you close to the glass as it moves into the slot. Now here is the key, as the glass moves away from you, begin to bend your knees more and more until the pane is all the way in. This keeps the load on your legs and off of your back. Stay healthy, work smart and use **POWERLIFT**<sup>®</sup>.