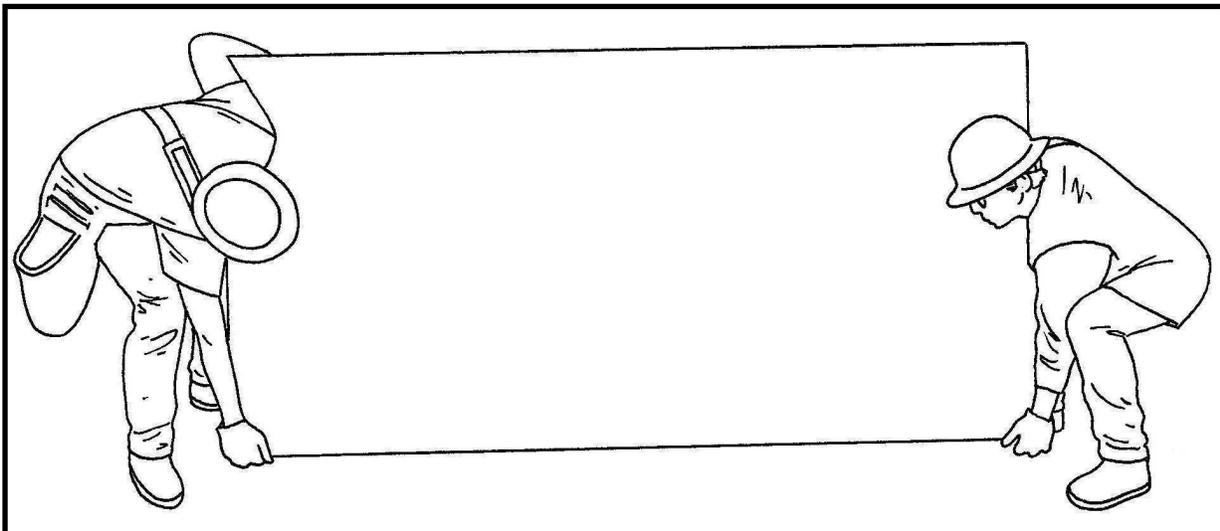


In observing these workers, you can truly see that they both are using a narrow stance and a back lift to transfer this sheet of Gypsum.



Now look at these workers. They are both using a wide stance but the worker on the left continues with a back lift. Remember the wide stance, along with your knees bent at 100 degrees is only part of the **POWERLIFT®** Technique. Before you lift, it is very important to lift your head. This will lock your spine in neutral. Remember, the **POWERLIFT®** technique is a strong athletic stance that will allow you to lift with your legs and not your back. The worker on the right is in the **POWERLIFT®** position and is protecting his back as he works!

## LIFTING GYPSUM