



## LIFTING HEAVY STOCK-TRIPOD LIFT

Here 's an easy way to lift a heavy piece of stock with your legs by using a Tripod Lift. To do it, get down on one knee close to the load. This might even mean that you would have to put your knee right onto the pallet. Then, as you lift the load, place it immediately onto your thigh, as you see above. As you stand up, let the load ride your thigh and to make getting up even easier, push down on the load and your leg to help you get up. This way your legs are lifting the load and not your back, plus you will feel that it takes less effort to do the job!