



For lifting large parcels, the technique of choice is POWERLIFT® Tip the Load. Remember, if the load is of a manageable size you can tip it towards you in order to get it close. If the load is tall, bulky or unmanageable, you can tip it away from you but step into the load to get close before you lift it.



To hoist the load up to the height of the BMC, remember that it would never make sense to put your feet back together for this phase of the job. Rather, remain in wide stance and use your legs to hoist the load up and into the BMC.

- ▶ Point out to everyone that it is a necessary part of their job to lift heavy parcels up to the BMC. So knowing that they have to do the job anyway, the only choice really is whether they lift with their legs or their back. If we choose to use our legs, make sure to use them efficiently in a wide stance POWERLIFT® position.

## LIFTING LARGE PARCELS TO THE BMC