



LIFTING POSTS

Picking up long materials such as sign and fence posts can easily be done with **POWERLIFT®**. When you first reach down for the post it will probably be with one hand. In that case, bridge your free hand to your thigh. That ties in your upper body strength and will make the lift easier. Once one end of the post is up, walk down the length of it and if you are going to pick it up in the middle, step out into a wide stance again and use your legs. This is just simply using **POWERLIFT®** to do your job and will go a long way toward keeping your back healthy and able to work!