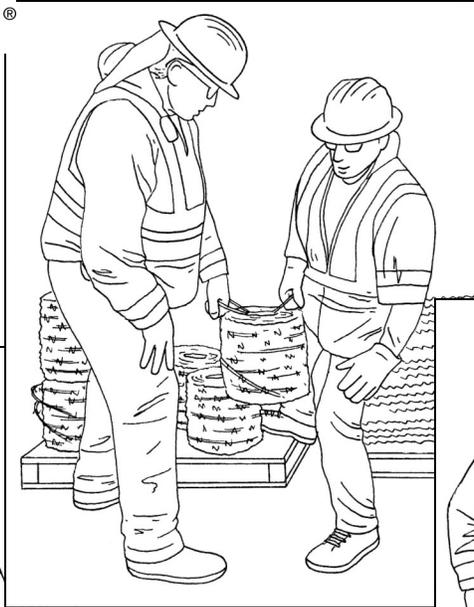
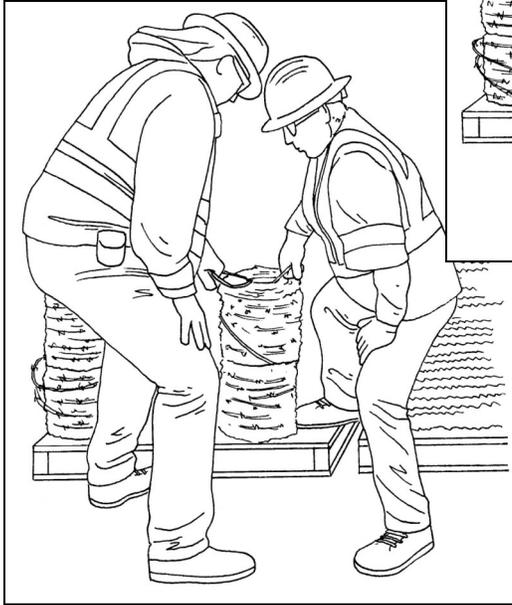


**POWERLIFT®**  
*Lifting Training that Works!*



## LIFTING ROLLS OF WIRE

You know that rolls of barbed wire can hurt you if you get too close, so they usually become a two person lift and carry. If you have decided to use your legs instead of your back, the job would look something like that above. Both of these workers are using a wide POWERLIFT® stance and because they are each doing a one-handed lift they are bridging to their legs with the free hand. That lets your upper body strength help with the lift. Notice how the worker on the right has even put his foot up onto the pallet to get closer to the roll of wire. This is using **POWERLIFT®** and will help to protect your back and make your job easier through all your working lifetime!