



LIFTING WITH YOUR BACK VS. YOUR LEGS

Sometimes the way you handle freight might seem perfectly fine. But if you are lifting like this, it is your back that is doing the work and not your legs. Any time you handle loads with your knees straight it automatically puts the load on your back. Instead, learn to use POWERLIFT[®] to keep the load on your legs. As you approach the load, use your last step put you into a wide stance. When you reach for the load get into the habit of bending your knees and pulling the load to you before you lift it. You can keep the load even closer by tipping it into you as you handle it. Handling freight like this will keep your back out the work and keep you injury free!