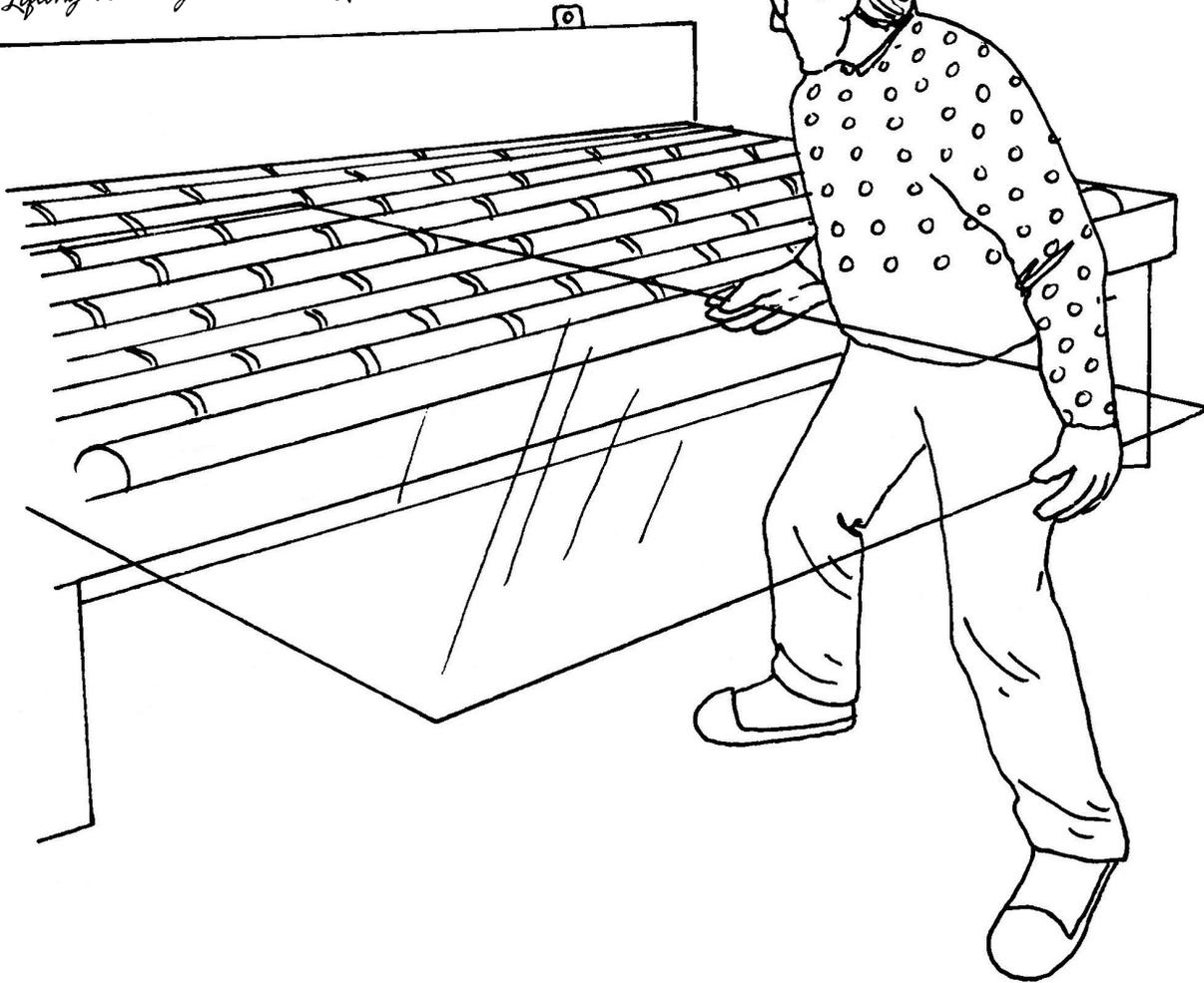


**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## LOADING THE WASHER FEEDER

Any time you are handling glass you must use a wide stance with your knees bent. This puts the weight of the glass on your legs taking it off of your back. Standing with your feet together and your knees straight will put the weight of the glass on your back. Using your back for this job just once will not injure your back, but you are doing this job many, many times each work day. It is the repetitive use of the back that will hurt you and leave you with an arthritic back. This is *your back* that is doing the work, not your supervisors, so protect your back all work day long!