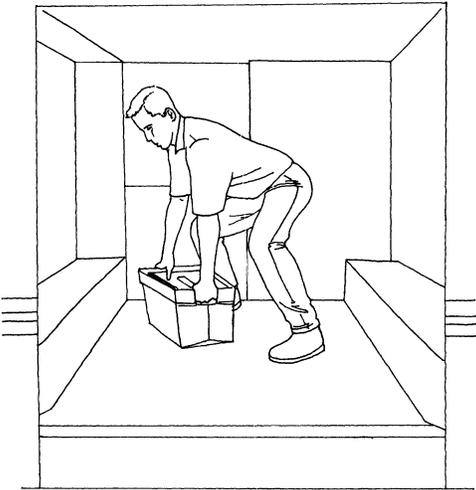


When working in the back of a crowded mail truck you may often feel that it becomes necessary to back lift simply because there isn't enough room for a good wide stance. Although this may be true at times, for the vast majority of situations you can find the room to accomplish at least one of the following techniques.

As in the illustration to the right, it may be possible to use a POWERLIFT® technique on trays, tubs and parcels, if you can find room for your feet. Finding room to place your feet is much easier than we think because we only need room on the floor for our feet and not for our entire body. Even stepping over parcels on the floor to create a wide stance is a good idea, as long as you have not created a trip hazard in the process.



Another good POWERLIFT® method to use in the back of the truck is the Tripod Lift. When moving mail from one area to another get down on one knee. This is a very effective method to use when you need to work low to the floor.

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When strapping hampers and gurneys in a truck remember you need to create leg strength, just as in any other type of lifting activity. To do this, maintain a wide stance while pulling on the strap so that your back does not bend/twist during this procedure. Standing in a wide stance allows you to keep your upper body weight off of your back as you bend over to thread up the strap, as well as when you pull the strap tight.

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