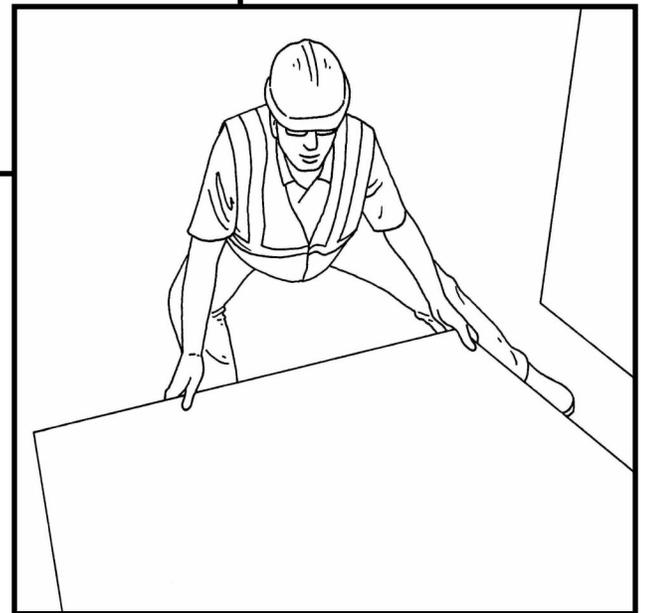


POWERLIFT[®]
Lifting Training that Works!



MOVING GYPSUM FROM CART TO STACK

When transferring Gypsum board from the cart to the stack, it is very important to use POWERLIFT[®] and your legs, as you lift your head and chest to lock your spine in neutral. That will take your back out of the lift and put all the stress on your legs. This is a two man lift, so communicate with your partner as you work. And once the Gypsum Board is laid on the stack, use your legs in a lateral movement to slide and square it. Keeping a wide stance will allow you more lateral movement and will help you to avoid a bend/twist motion with your back. This is what it takes to avoid a painful back injury that could put you out of work for a long time, if not forever!