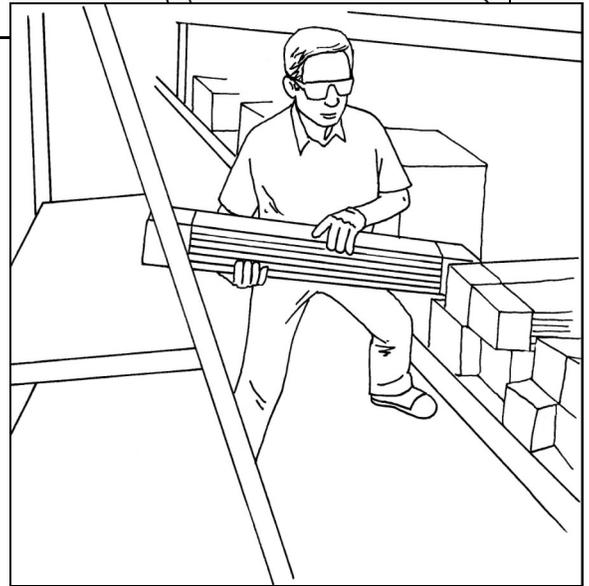


POWERLIFT[®]
Lifting Training that Works!



PULLING HEAVY STOCK TO THE CART

If you take a second to think, you can usually find a way to use your legs for the job. In the case above, this worker has parked the cart far enough to the side so that he has room to use a wide POWERLIFT[®] stance. He has also chosen to use the shelf that is nearest in height to the item he is moving. With that set up, he can now use his legs to move the long heavy load to the cart. As a matter of fact, he doesn't even have to move his feet until the weight of the load is being held mostly by the cart. This is the way to work smart and keep your back out of the job. Let your legs work for you!