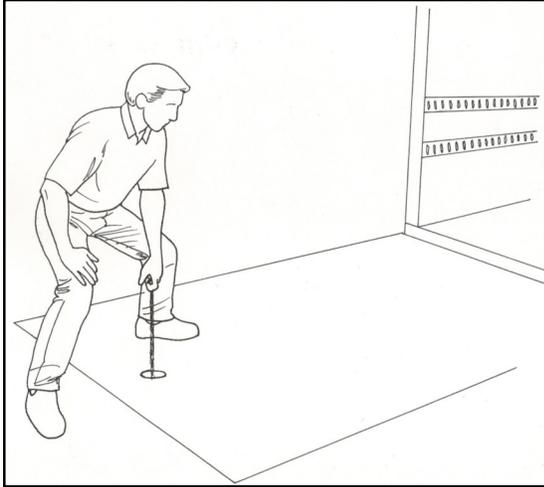


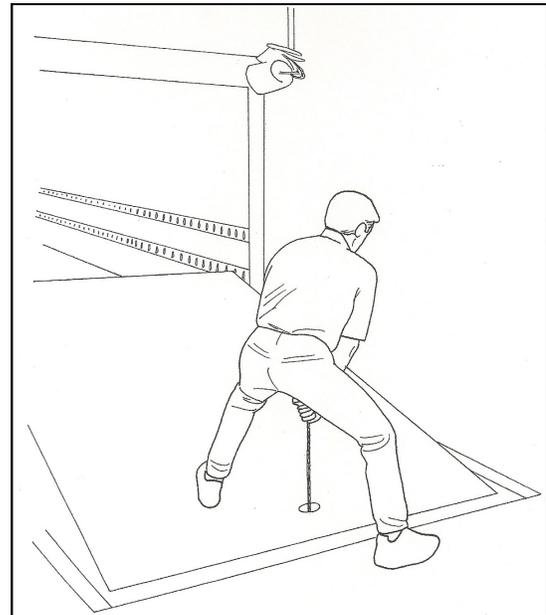
Pulling the chain is one of those activities that seem so trivial that we automatically use our back for the job. This is, however, just one of the five thousand back lifts we will probably do this month. Instead, always use POWERLIFT®.

PULLING THE DOCK PLATE CHAIN

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To raise the dock plate, step over the chain with one foot on the dock plate and one foot on the floor. This will allow you to create a wide stance POWERLIFT® position. With your free hand on your leg, lower yourself down and pull the chain with POWERLIFT®.



To lower the dock plate, use the exact same technique with wide stance POWERLIFT®. There is absolutely no need to use your back even for this relatively small job.

- ▶ Problem solve with a group of dock workers the problems associated with this job. Remember that no matter how big and heavy you are, the dock will rise even though your foot is resting on it. This is because as the dock rises you can lift your foot up and out of the way because the chain has already been pulled. Getting into the habit of using POWERLIFT® for a job even as simple as this will ensure that you are using POWERLIFT® all the time. In this way you can begin to eliminate those five thousand back lifts most of us do each month.

PULLING THE DOCK PLATE CHAIN

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