



## REACHING AND PULLING PRODUCT BOXES

To reach for a load that is toward the back, always begin by stepping into a wide POWERLIFT® stance. You can then make it easier to pull the load if you bridge one hand to the stack. Push off with your bridged hand as you pull with your other hand. Bridging always makes it easier because it increases your upper body strength as you work. Always use every advantage you have to make the job easier!