



SAMPLING FROM A MOVING CONVEYOR

Collecting a sample from a moving conveyor is a one-handed lift and because of that, should be done with a bridge. In the case above, this lifter can also put his foot up to make the job easier. The bridge can be done to his thigh or to the frame of the conveyor, whichever is more convenient. The point is, the bridge lets his upper body strength help out with the lift. The leg up helps to form a strut which helps to hold his upper body weight, which is important because the task calls for him to reach way out in front to take the sample. Always try to take the stress of your body by using the **POWERLIFT®** techniques you have learned!