



STACKING PLASTIC PALLETS

Remember that if you lift the side of a pallet with your back like this, it is not the weight of the pallet that will do the most damage to your back but rather the weight of your upper body. And you are not lifting like this just once each day but many times a day. Use your legs for repetitive lifting, they are made for the job. Approach your pallet from the corner with a wide POWERLIFT® stance and bridge one hand to your thigh. Then with your knees bent use your other hand to stand the pallet up. From there you can keep your wide stance and let your legs help in lifting the pallet up to the stack. Working this way will insure that your back stays healthy and will last you through all your working years!