



USING A POWERLIFT TIP-THE-LOAD

When handling a case without handles, always tip it toward you before you lift it. In this case the worker is bridging his thighs against the stack to add to his strength as he tips the load toward him. To take more of the load off your back, grip the case by the corners and hold it close to you as you carry it away. Working like this will keep your back healthy all through your working lifetime!