



## WORKING AT A LOW LEVEL

Any time you have to work at a level that is below the waist you must remember to not use your back.

Just like this worker is doing, stand with a wide POWERLIFT® Stance, bend your knees a little and let your legs do the work. This stance takes most of the loading off of your back and transfers it to your legs. Working like this will help you to avoid a lot of the wear and tear that accumulate after years on the job.