The new **POWERLIFT® Self Taught Training System** retains all of the components of the original **POWERLIFT® Train-the-Trainer System** but at a fraction of the cost.

What makes the new training system especially unique is the detailed **SELF TEACHING GUIDE** that is designed to train your safety team how to deliver **POWERLIFT®** Training to the entire employee population of your facility.

**INCLUDED IN THE POWERLIFT® SELF TAUGHT TRAINING SYSTEM**

**BASIC TRAINING DVD**

A 16 minute DVD for your Classroom Instructors and to be viewed at Safety Meetings.
EMPLOYEE HANDBOOK

The Employee Handbook offers an illustrated guide to all of the five POWERLIFT® Techniques.

The Employee Handbook includes multiple illustrated examples of using POWERLIFT® at work and at home.

Sample Page showing the 5 Basic Lifts and 9 examples of using POWERLIFT® on a Load with Handles.
SELF-TRAINING GUIDE

An easy to use, 8-page guide that takes your Safety Trainer through all the steps necessary to become proficient at training your entire employee population.

STRETCHES

Pre-Shift Stretches focus on Hip and Leg flexibility.
Neck and Upper Back Stretches focus on the Shoulders, Arms, Upper Back and Neck.
Lower Back Stretches focus on Hip, Leg and Lower Back flexibility.
Use these as a Workplace Stretch Program or simply hand them out for workers to do on their own.
POWERLIFT MINI-SESSIONS FOR INDUSTRY and HOME

100 Mini-Sessions showing common tasks performed at work and at home. Use these to promote the POWERLIFT® Safety Culture at home as well as at work.

PowerLift®
Lifting Training that Works!

Mini-Sessions for
Industry & Home

Lifting items from a pallet can lead to a tremendous amount of back injury simply because it is hard to get close. The side of the pallet tends to get in the way forcing you to reach over the pallet to lift.
The best way to overcome this obstacle is seen in these two illustrations. Have each worker turn. Place each leg around the corner of the pallet. This will help to get them closer to the load towards you as you begin to lift. Never turn from the side of the pallet. Always if you can, step around the corner to start.

LIFTING OFF OF PALLET

When people approach us one door they will stand directly in front of it. They will then bend slightly at the knees and will reach back behind pushing the hot oven door back, and thereby the back gets bended and we will lift it as if it were the oven with a towel.

PULLING HOT STUFF FROM THE OVEN

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The POWERLIFT® Self Taught Training System comes complete for $695. Upon purchase, you may copy and distribute to your workers any of the printed material except for the Employee Handbook and the DVD.

The training system can be sent to you for a 10 day preview.

Contact Dave Carlson to request your preview.

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