

POWERLIFT® SELF TAUGHT TRAINING SYSTEM FOR INDUSTRY and HOME

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.**

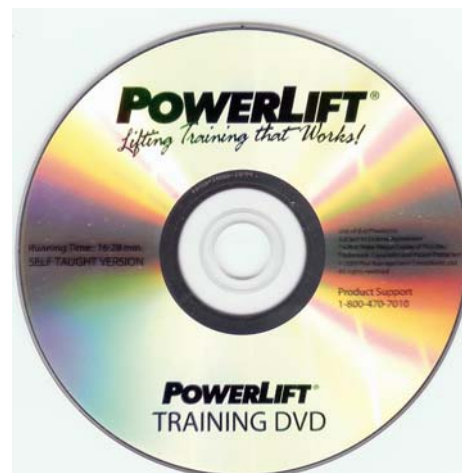
What makes the new training system especially unique is the detailed **SELF TEACHING GUIDE** that is designed to train your safety team how to deliver POWERLIFT® Training to the entire employee population of your facility.



INCLUDED IN THE POWERLIFT® SELF TAUGHT TRAINING SYSTEM

BASIC TRAINING DVD

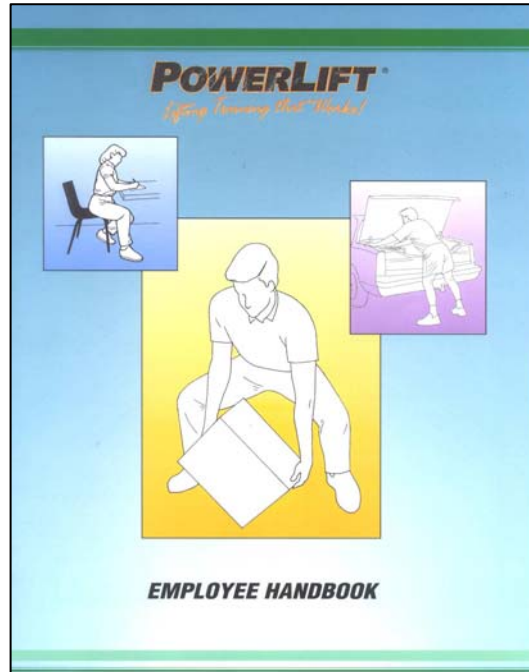
A 16 minute DVD for your Classroom Instructors and to be viewed at Safety Meetings.



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.

POWERLIFT®
Self Training Guide

Learning to use the 5 POWERLIFT® Techniques taught here can take much of the strain out of daily work and home tasks. You will learn how to Lift, Push, Pull, Bend, Reach, Stand, Sit and more. Give the lessons taught in this guide an honest, open-minded try and you will find, as thousands of others have, that the POWERLIFT® Techniques actually will work for your benefit.


Props Needed: A file box with handles containing 30 to 40 lbs of weight.
A sealed box with no handle containing 30 to 40 lbs of weight.
(Salt pellets work really well for the weight)

Safety Guidelines Don't lift more weight than you are capable of handling.
Don't exceed your weight restriction or your personal weight limit.
Don't stretch if you have pain – ask your doctor first.
Feel pull, not pain, when stretching.

To use the POWERLIFT® Training Guide we begin with a short DVD, only 19 minutes long. After watching the DVD come back to this guide. There are 10 sections to review. Do them at your own pace and see how much easier lifting, pushing, pulling, bending, reaching, standing and sitting can be for you. **Always try the suggested activities twice over.** When trying a POWERLIFT® on a box with handles for example, lift it your way first, then use a POWERLIFT®, then your own way again, then finish with a POWERLIFT®. Doing these tasks twice will help create a COMPARISON for you. Then you can decide which method works best for you – the old way or the new way.

I. THE POWER STANCE

To begin, it is very important that you feel the advantage of using your body in a wide Power Stance.



Stand face to face with another person. Put your feet shoulder distance apart, keep your back straight and put your hands out in front of you. **KEEP YOUR HANDS CLOSE TO YOUR BODY.** Ask your partner to push down on your hands as you hold and resist using all the muscles of your body.

FEEL THE AMOUNT OF WORK AND EFFORT IT TAKES TO HOLD AND RESIST THE WEIGHT OF YOUR PARTNER. Stop if you feel pain and ask your partner not to push as hard.

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STRETCHES

Pre-Shift Stretches focus on Hip and Leg flexibility.

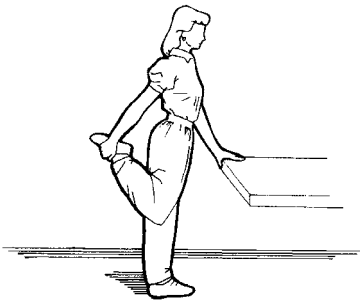
Neck and Upper Back Stretches focus on the Shoulders, Arms, Upper Back and Neck.

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®
Lifting Training that Works!

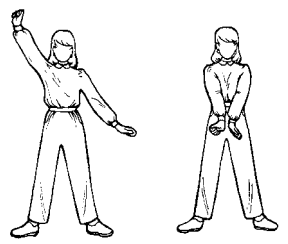
Pre-Shift Stretches



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POWERLIFT®
Lifting Training that Works!

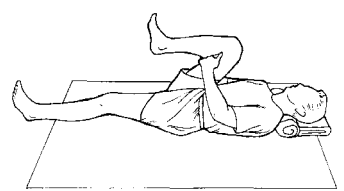
Neck and Upper Back Stretches and Exercises



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POWERLIFT®
Lifting Training that Works!

Lower Back Stretches and Exercises



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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**

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POWERLIFT®
Lifting Training that Works!

Lifting items from a pallet can lead to a tremendous amount of back lifting 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. Here each worker has taken a wide stance around the corner of the pallet. That method will help you get close then you can tip the load towards you as you begin to lift it. Never, ever work from the side of the pallet. Always if you can, step around the corner to stay close.

LIFTING OFF OF PALLETS

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POWERLIFT®
Lifting Training that Works!

When most people approach an oven door they will stand directly in front of it. They will then bend slightly at the knee, just enough to keep from touching the hot oven, then the back goes forward and we lift the hot stuff from the oven with a back lift. This job can be made so much easier by following the three components of a POWERLIFT®. First approach the oven door from the corner. Don't worry about burning your legs in this position, as there should be no better chance of burning your legs standing at the corner than standing in front of the door. Next, with a wide stance, bend your knees and go forward at your hips to reach into the oven. Another advantage of this technique is that it keeps your face out of the hot oven air as you reach in. This is a much easier way to work with your oven than with the old back lift method.

**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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