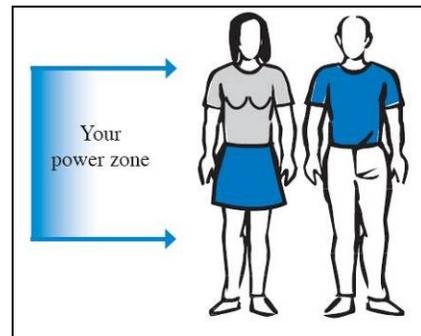


# Lifting: Power Zone

*Lift where you are strong in your power zone, between your knees and elbows.*

- Modify jobs so that workers perform heavy lifting within their power zone. Above the knees, below the shoulders, and close to the body.



- Keep heavy items at a good working height.



- Store heavy items such as 5 gallon buckets between knee and elbow height.



- Use carts instead of carrying heavy items.

For more information: <http://www.cdc.gov/niosh/docs/2007-131>