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The Pros and Cons of Team Lifting: A New Fact Sheet from the U.S. Army Public Health Command (Provisional)



Photo by SMSgt David H. Lipp, courtesy of the U.S. Army Soldiers carry a section of a collapsible barrier in Fargo, ND.



Photo by PFC Kissla Felder, courtesy of the U.S. Army Soldiers help carry a litter 500 meters during the 1-73 Cav's "Stress Shoot" competition at Fort Bragg, NC.

It's a fact...you should know the pros and cons of team lifting.

Team lifting is often used as a control to move heavy objects. But is team lifting an adequate control for manual material handling? Fact Sheet 24 has the answers.

Go to:

http://usachppm.apgea.army.mil/ergopgm/factsheets.aspx

Scroll down to Fact Sheet 24.