



## CLOSING THE TRUCK SIDE-GATE

So you 've decided you want to keep your back healthy and use your legs when you work. That means you want to use them for everything, including closing the side-gate. This may seem like a simple job, and it is, but because the gate is heavy you can easily get hurt by it if you use your back. To use your legs, simply step out into a wide stance, bend your knees and close it without using your back for even one little bit of the job. Your legs will last you two lifetimes worth of work, where your back can be worn out after even a half lifetime of work. Stay healthy, use your legs and avoid the hassle of a hurt back!