



## HANDLING AND MOVING CHUTES

Lifting and moving a chute from one position to another can be hard on your back if you lift the chute from out in front of you. Sometimes we think that we have to reach and stretch for the chute with the back, but you can actually do the same thing with your legs. Spreading your feet and bending your knees will take the load right off your back and put it on your legs. It would be smart also, to step over obstructions to keep your wide stance. It is not nearly as hard as it looks and it will definitely save your back if you make up your mind to spread your feet and use your legs!