



LIFTING A MULLED UNIT TO & FROM THE “A” RACK

Lifting a heavy mulled unit to or from the ‘A’ rack can be made much safer and easier if you use your legs. The problem is, the rack gets in your way and makes it hard to get close to the unit. The best way however, is to take a wide stance, bend your knees and lift the unit with your legs. Another good thing to do is to tip the unit a little bit towards you before you lift it. That will bring the weight of the unit closer to you and decrease the amount of stress this job creates for you. Keep the load off of your back and always use your legs, they are much stronger than your back!