



OPENING LIDS AND COVERS WITH THE ASSIST

Opening lids and covers with the assist is a great idea. It makes the job easier and helps to protect your back. However, it is probably the task of attaching the assist to the hole or handle of the cover the presents the greatest risk. That is because as you bend down with your back to attach the assist, you are loading your low back with your upper body weight. Very often, your upper body weight is the heaviest thing you will lift all day long. To avoid lifting your body weight, get down on one knee as you attach the assist, then get up and use your legs for the rest of the job.

Protect yourself by using your legs not your back when you work!