



PICKING UP CHOCK BLOCKS

Bending at the waist and using your back to pick up chocks means that you are actually lifting the weight of the chocks and the weight of your upper body. It is easy to eliminate your upper body weight by using a wide POWERLIFT® stance and bridging. When you kick the chock out from the tire, bridge to the aircraft and to your leg. Then keep the leg bridge as you bend down with your legs to pick up the chocks. Bridging is a great way to protect your back!