



## SETTING CONES

Setting cones can really be hard on your back unless you learn to bridge. If at all possible, bridge your elbow to the truck as seen on the right, above. By bridging like this, you no longer have to hold yourself up, instead what you are bridging to will hold you up. If you don't have something handy in your truck to bridge to, try to fabricate a surface to which you can bridge. Bridging and allowing the bridge to hold you up, instead of you holding you, up is a smart way to work and takes nearly all the load off of your back!