



When you are standing in a back lift position like this, you have to keep in mind that it is not the weight of the harness that will hurt your back but rather the weight of your upper body. For example, if this worker weighs 200 pounds, his lower back will be holding up at least 100 pounds of upper body weight. Your back is not designed to handle that kind of weight day after day and will eventually become worn out.

Instead, always stand in a wide Power stance. This position is easy on the legs and allows your hips to rotate, taking the load off your back. Remember, it is the weight of your upper body that very often is the reason your back goes out.

UNTANGLING THE HARNESS