



HANDLING THE HOSE

Don't even think of twisting your back to reach the hose under your truck or other obstacles with your back. That puts a bend/twist on the joints of your lower back that can and will tear up the low back ligaments. Instead, use a wide stance, knees bent, with the hose bridged to your thigh for this job. The key is however, to stand at an angle so you are properly set to reach the hose under. This stance keeps you close to your work but at the same time gives you the room to work. Use wide stance and stand at angles when you work to keep you close!