



The pull cord for starting your lawn mower has been moved up onto the handle to make it more convenient and easy to start the mower. The problem is, this can fool you into thinking that it won't or can't hurt you. Pulling on the starter cord, like the illustration above, requires a pure twisting motion of the back that can easily tear ligaments. To take the twist and pull off of your back you need to use a wide POWERLIFT® stance and stand at an angle to the mower handle. When you bend your knees, the power to pull the cord will come from your legs, not your back. Also, the twisting action is taken up by your hips, not your back. Be safe and kind to your back, use your legs instead!

STARTING THE LAWN MOWER