



Did you know that you will do on average, 11 back lifts just to gas up a lawn mower? And it is not really the weight of the gas can that matters but instead your upper body weight that loads up your low back. To keep your back out of this job, simply stand in a wide POWERLIFT® stance near the corner of the mower. Then as you bend your knees your legs will hold the weight of the gas can **and** the weight of your upper body. You will have eliminated 11 body weight back lifts by doing it this way!

## GASSING UP THE LAWN MOWER