



This is nothing but a back lift



Create a wide stance by separating your knees



Best is to use a Tripod



KNEELING Wide Stance or Tripod

Remember, when we are kneeling on both knees with our legs together, that this is nothing more than a back lift. We are standing on our knees instead of our feet as we do the job. As with any lift, we need to create wide stance by getting our knees separated. You could do this in one of two ways. Either separate your knees while kneeling on both of them, or separate them by creating a Tripod stance. It is recommended that you use a knee pad for jobs that require kneeling. Knee pads can be in the form that is loosely thrown on the floor wherever you need it or wearable knee pads.

Practice wide stance knee lifting first by kneeling down on both knees with your knees held together, and lift a load between 10-30 lbs in weight. Then, lift the same load with your knees in wide stance. You will find this to be much easier. Finally, lift the same object in a Tripod stance. You will find this to be the easiest of all three. Your working conditions will determine whether you use a wide stance, double knee technique or the Tripod technique.