



## LIFTING AN LOP COIL FROM THE EXPANDER

Lifting a long coil off of the expander can become instant back work, unless you are willing to use your legs. The job has to be done by you, even though the frame of the table gets in your way. The wise choice is to keep wide stance with your knees bent and lift the coil with your legs. Ergonomically speaking, if there is an overhead hoist there to help you, why not use it. If you choose not to however, limit the amount of back work you have to do here by using your legs for the lift. Every little bit of stress you can take off your back adds up over 40 years of working, so use your legs when you can!