



## LIFTING A TRANSMISSION TO THE JACK STAND

There is no question that you should use your legs when lifting something as heavy as a transmission. To do it, position yourselves over the load in a wide POWERLIFT<sup>®</sup> stance, bend your knees and lift it with your legs. However, the next part of the move is where you can really hurt yourself and that is when you move with the load toward the jack stand. The worse thing you can do, is to put your feet back together and twist your back as you reach to place the transmission in the stand. Instead, if you have to move your feet do so, but keep your stance wide as you step. It is completely possible to move around while carrying a load with your feet and legs in a wide stance and you should learn to do it. Working this way will keep you from hurting your back so that you can keep on earning a living!