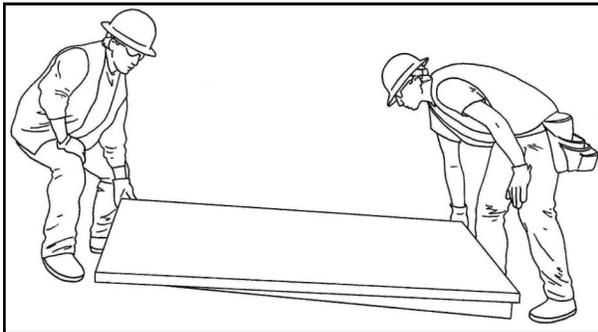
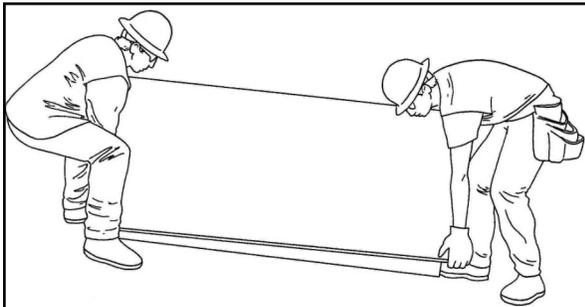


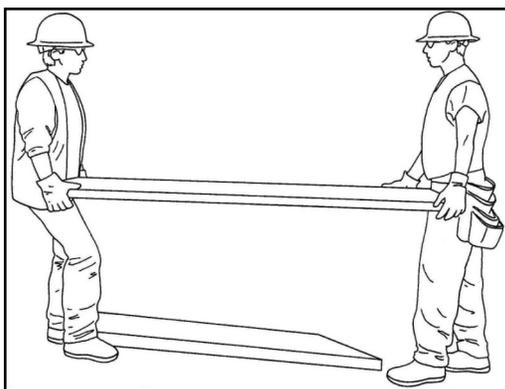
These two workers are using their backs to lift the form. But it is not this one back lift that will hurt them. Instead, it is the back lifting that they do day, after week, after month, after year that will hurt them and buy them an arthritic back by the time they retire.



A much wiser way to work is like this, where they have both taken a wide stance and are tipping the form before lifting it. But take a look at the worker on the right. Even though he is in a wide stance, he is still using his back because he is not bending his knees.



You can see the back lift even more so in this illustration. They have tipped the form all the way up, which will help to make the lift easier, but the worker on the right is still using his back.



Now the form has been lifted all the way up and they are ready to carry it to where it is needed. The question is, which one of these guys is going to eventually end up with a bad, arthritic back. The answer is obvious, so now you have to decide which guy you want to be. Never use your back like a crane. Instead, use your legs like an elevator as you work your way through the years.

LIFTING FORMS FROM THE GROUND