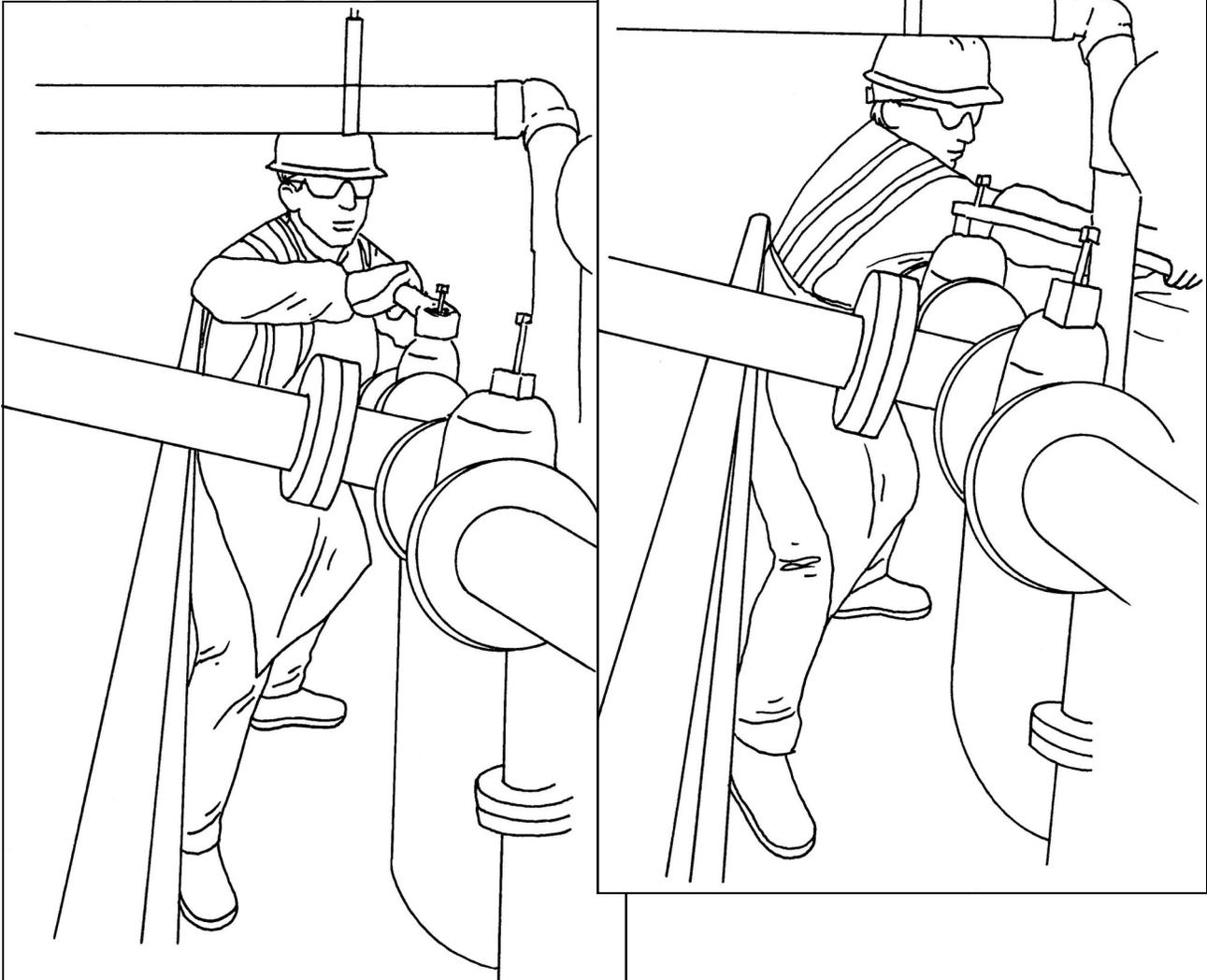


POWERJET®



OPENING & CLOSING VALVES

Make sure you are using a wide stance when you push or pull on a valve handle!
The wide stance lets your hips and legs move with you as your arm and hand either pulls toward you or pushes away from you. By using all this body motion when you work, distributes the work load on all the joints of your body instead of just a few.
The workers who are in the best shape by the time they retire, are the ones who naturally and without thinking much about it, use their entire bodies to lift, push and pull. Be one of those type of people and keep in shape as the years go by!