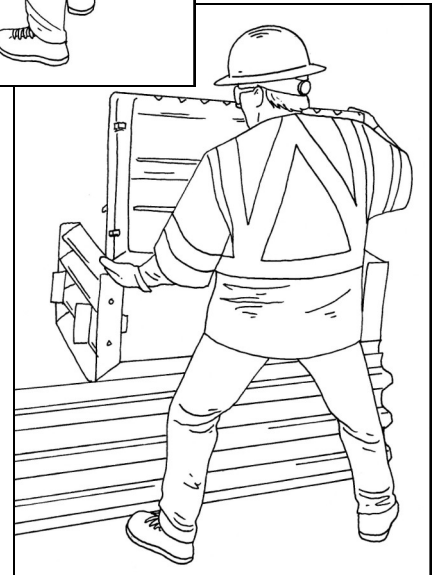
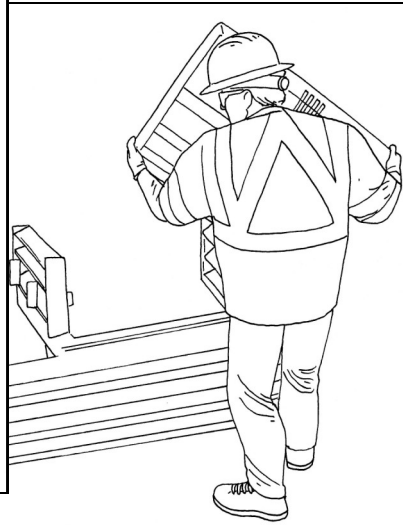


POWERLIFT®
Lifting Training that Works!



ASSEMBLING A CRASH ATTENUATOR PANEL

Assembling a crash attenuator can be heavy work and put you into awkward positions in order to insert all of the parts. To pick up the attenuator itself, try using a POWERLIFT® Tip-the-Load technique. Tipping it will bring the bulk of it up to you so you decrease the total amount you must lift. The next most important thing is to park yourself in a wide stance with knees bent when you insert it into the panel wall. There is only one way to keep this kind of work off of your back and that is to use your legs. Protect yourself, use **POWERLIFT®** always for everything!