



ERECTING THE WIND MASTER SIGN

Unfolding a road sign requires all kinds of bending, twisting and lifting. If you're not using your legs for this job you are really being hard on your back. The low back is made to bend but it is not made to bend and twist at the same time. To keep the bending and twisting off of your back, just spread your feet into a wide stance, bend your knees and bend forward at your hips instead of your back. This is using **POWERLIFT**[®] and will protect your back all through your working years!