



LIFTING A LARGE COIL WITH THE HOIST

Even though you are going to use the hoist to lift the coil, does not mean you should use your back to attach the hoist to the coil. It is not the weight of the hoist that counts here, but rather the weight of your upper body. Your upper body is much heavier than just about anything else you lift and bending over at the waist to attach the hoist means you are lifting your body weight with you back. Upper body weight accounts for the majority of the weight you will lift today, this week and this month. So keep your upper body weight off of your low back by using a wide stance and bending your knees to lift!