



LIFTING A LONG COIL FROM THE FLOOR

If you take a close look at the drawing above you will see that this coil has end plates that hold the coil a few inches off the floor. This means that to lift this long object safely, you don't have to tip it like you normally would for a long load. If you take a wide stance and reach down to the coil with your knees bent, you will not have to reach all the way to the floor to grasp it. This is important to recognize, because if you did have to reach all the way down to the floor, you should tip it before you lift it. Applying the correct lift technique according to the shape of the object, is really important if you want to make your job as easy as you can and protect your back while you are doing it!