



## LIFTING A TRANSMISSION FROM THE CRATE

Lifting a transmission with your back is asking for trouble. Even though you can get away with it for a while, eventually it will catch up to you in the form of an injured or arthritic low back. The best idea is to use POWERLIFT® technique and let your legs lift the load. You and your lifting partner can stand over the crate at the corners with a wide stance, bend your knees and lift it with your legs. This is the strongest lifting position the human body can have and can take all the load off of your back as you work. If you mind your back it will treat you with respect also!