



LIFTING THE SILL PROTECTOR

Lifting the sill protector from the deck will make you use your back because it is so low to the floor. If you want to protect your back, the best way to lift it is with a POWERLIFT® Tip-the-Load. Reach down for the sill protector with one hand but then be sure to bridge to your thigh with your free hand. This transfers the weight directly to your thigh, bypassing your back. Once it is tipped up, grasp it with your free hand and lift it. This is using your legs instead of your back as you work!