



LIFTING THE TRAILER TONGUE

This is a project that normally leads to a severe bend/twist lift of the back. To avoid this, simply stand over the trailer tongue with your body placed at a 45 degree angle to the long axis of the tongue. This will put you in a very powerful lifting position where your legs can do all of the work. In addition, if the trailer needs to be nudged forward or backward, note that you can use the power of your leg against either of your elbows to help move the load.