



LOADING AN ATTENUATOR PANEL TO THE TRUCK

Handling an attenuator panel can be made easier by tipping it and using your legs to lift it. But remember that when you have to heave it up to the side of the truck, you should also use your legs. Any time you are handling a heavy load and you need to move it up, down, sideways or any way, the only way to keep it off your back is to take a wide stance, bend your knees and handle it with your legs. Using your legs is what will keep your back healthy so that you too can have a comfortable and pain free retirement!