



OPENING RAIL CAR LIDS

It is easy to walk along the top of a rail car and think that you have to bend down and open the lids with your back. But in fact, it is really easy to use your legs to lift the lids, if you remember to bridge to one of your legs with one hand, while the other goes down to lift the lid. You will be 1/3 stronger this way because you are using your upper body strength and your leg strength to open the lid. And also with a wide stance, your feet will fit right around the lid so you don't have to reach far either. Use your legs and a bridge, you will be much stronger for the task at hand!