



PUSHING

To make sure you are not using your back when you push, always spread your feet, bend your knees and push with your legs. This becomes especially true when maneuvering overhead manipulators and lifts. The momentum of these machines can be hard to handle unless you spread your feet, bend your knees, and use your legs to push and pull the load. The wide stance will also keep your back from bend/twisting as you work.

There is a very effective technique you can use when pushing heavy loads. To do it, you must take extra long steps with your feet, keeping your knees bent. In this way, you are actually accentuating the action of your legs. Using your legs in this way will give you about twice the pushing power as the old way, where you are using half leg, half back.