



USING THE 'ASSIST' TO OPEN A #9 FIBERR VAULT COVER

Using the right tool to do the job is common sense, however, using tools can still stress your back if you don't use your legs. In the case above, you need to pull the cover towards you which takes up space. The only way to make more space and to keep your back out of the job, is to begin with a wide stance and knees bent. That way the motion of opening the vault is taken up by your legs, leaving your back alone. This is preparing your self for the job by getting into your work stance before you do the job and will make you stronger as well as save your back!