



WORKING INSIDE OF A CAN

Standing inside of a can to load it can be difficult and hard on your back if you don't use wide stance. A wide stance with your knees bent a little helps your legs to carry the load plus it give you a really long reach. When you have to move to reposition yourself, move one foot at a time but keep your feet apart to stay wide. That way your back won't get tired or worn out as you work. Your legs can take the workout but your back can not!