



Never work in a back bent position like this. Remember, it is not just the weight of the tool you are using, but also the weight of your upper body that your back must lift.



Any time you have to work near the ground, use the Tripod position. The Tripod lets your knees and hips do the bending instead of your back. In this illustration, note that it is not the weight of the level that would do harm to the back but rather the weight of the upper body. Bending over at the waist, and making your lower back hold up your body weight, can load your back with hundreds of pounds of pressure. Multiply the weight of your upper body by 10 to find out how much pressure is put on your back, in a back lift stance.

Also, consider wearing knee protection when you have to get down on one knee many times each day. Your knees and your back will thank you for it!

WORKING LOW TO THE GROUND