



## HANDLING CHOCK BLOCKS

If you are picking up chock blocks like the worker on the left, STOP and try again. When you use your back to lift the chocks, you are lifting the weight of the chocks plus the weight of your upper body. The weight of the chocks means very little in that type of lifting because your upper body weighs so much more than the blocks. Use your legs by stepping over the chock in a wide stance and since this is going to be a one-handed lift, bridge your free hand to your thigh. That will take the entire weight of the block plus the weight of your upper body and put it on your legs!