



Starting the lawn mower is usually done with a bend twist of the back as you pull on the starter cord. Your back is not made to bend and twist at the same time and many people have been hurt doing this. To take your back out of this job, stand in a <u>wide</u> <u>PowerLIFT® stance before you pull on the cord</u>. This may mean that you have to <u>put a</u> foot up onto the mower deck in order to get the wide stance. Then bend your knees and pull the cord with your legs instead of your back. This is a great way to pull on starter cords and it takes your back completely out of the job!

