

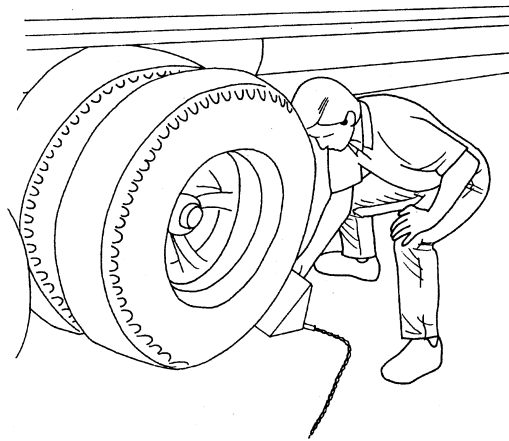
Handling chock blocks lends itself perfectly to the POWERLIFT® technique. Remember here that it is not the weight of the chock block that counts for much, but rather the weight of your body that we want to eliminate from the lift.

CHOCK BLOCKS

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To lift the chock block, simply step right over the top of it in wide stance and POWERLIFT® it. This can be made even easier by using your free hand on your leg to help lower you down to and up from the level of the block as you lift it.



To place the block under the wheel, it is imperative that you avoid bend/twist. Here fortunately, the equipment we are using is large enough to allow us to maintain a wide stance. As seen in the illustration, step under the trailer approaching the wheel from a 45° angle and with wide stance. It becomes an easy job then to position the block under the wheel.

- ▶ Keep in mind that you can very easily position the block by just kicking it underneath the wheel with your foot. This is fine if the situation permits. However, if you must actually lift the block and position it by hand, POWERLIFT® is the way to go. Although this may seem like a trivial lifting task it is the bend/twist that occurs with this task that so often can and will cause injury.

CHOCK BLOCKS

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